



Espresso Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



4927 kcal

DESSERT

Ingredients

- ☐ 0.8 lb butter at room temperature
- ☐ 0.3 cup cacao nibs (see notes)
- ☐ 3.3 cups flour all-purpose
- ☐ 4 teaspoons ground espresso-roast coffee beans finely
- ☐ 3 tablespoons kahlua
- ☐ 1.3 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla

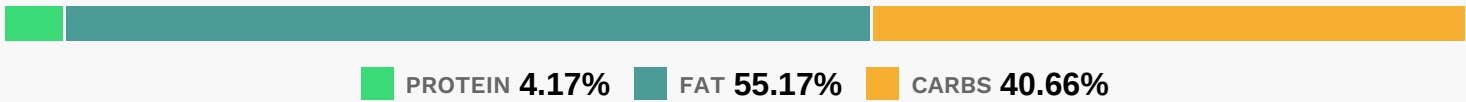
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Preheat oven to 32
- ☐ In a large bowl, use a mixer to beat together butter and sugar until light and fluffy.
- ☐ Add vanilla, salt, espresso grounds, and Kahla. Beat to combine.
- ☐ Add flour and cacao nibs and mix until well blended.
- ☐ Form dough into two 1 1/2-inch-thick logs, cover with plastic wrap or wax paper, and chill at least 2 hours or overnight.
- ☐ Cut chilled dough into 1/4-inch-thick slices and lay slightly apart on ungreased cookie sheets.
- ☐ Bake until cookies are browned on the bottom but not the top, 15 to 20 minutes.
- ☐ Transfer to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:230.13, Inflammation Score:-10, Nutrition Score:50.34434778794%

Nutrients (% of daily need)

Calories: 4926.8kcal (246.34%), Fat: 299.4g (460.62%), Saturated Fat: 188.66g (1179.13%), Carbohydrates: 496.41g (165.47%), Net Carbohydrates: 480.02g (174.55%), Sugar: 169.98g (188.86%), Cholesterol: 731.42mg (243.81%), Sodium: 3365.52mg (146.33%), Alcohol: 11.14g (100%), Alcohol %: 1.4% (100%), Caffeine: 17.16mg (5.72%), Protein: 50.96g (101.93%), Vitamin B1: 3.29mg (219.22%), Selenium: 145.55µg (207.94%), Folate: 772.71µg (193.18%), Vitamin

A: 8501.46IU (170.03%), Manganese: 2.86mg (142.99%), Vitamin B2: 2.21mg (129.78%), Vitamin B3: 24.76mg (123.8%), Iron: 19.51mg (108.37%), Fiber: 16.39g (65.55%), Vitamin E: 8.14mg (54.28%), Phosphorus: 531.89mg (53.19%), Magnesium: 149.2mg (37.3%), Copper: 0.61mg (30.71%), Vitamin K: 25.06µg (23.87%), Vitamin B5: 2.2mg (22.01%), Zinc: 3.25mg (21.63%), Potassium: 536.64mg (15.33%), Calcium: 146.81mg (14.68%), Vitamin B6: 0.19mg (9.73%), Vitamin B12: 0.58µg (9.64%)