

Festive Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 2 cups butter softened
- ☐ 1.8 cups confectioners' sugar sifted
- ☐ 4.5 cups flour all-purpose sifted

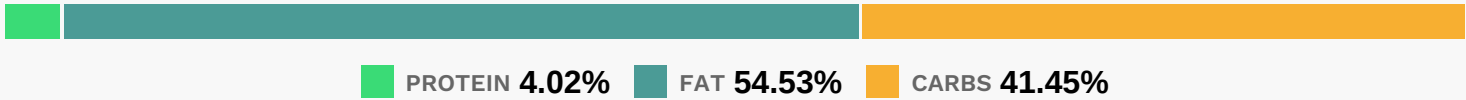
Equipment

- ☐ oven
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Cream butter, gradually beat in sugar.
- ☐ Add and beat in flour a part at a time. Wrap dough in wax paper and chill.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Allow dough to warm slightly; knead for 1 minute.
- ☐ Roll out dough on lightly floured board to 1/4 inch thickness and cut with cookie cutters. Decorate as desired.
- ☐ Bake in preheated oven 14–20 minutes.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:5.18, Inflammation Score:-2, Nutrition Score:1.5795652082433%

Nutrients (% of daily need)

Calories: 101.99kcal (5.1%), Fat: 6.23g (9.58%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.4g (3.78%), Sugar: 3.45g (3.84%), Cholesterol: 16.27mg (5.42%), Sodium: 48.91mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin B1: 0.07mg (4.93%), Selenium: 3.27µg (4.68%), Folate: 17.38µg (4.35%), Vitamin A: 189.09IU (3.78%), Manganese: 0.06mg (3.2%), Vitamin B2: 0.05mg (2.91%), Vitamin B3: 0.56mg (2.78%), Iron: 0.44mg (2.44%), Vitamin E: 0.18mg (1.21%), Phosphorus: 11.94mg (1.19%), Fiber: 0.25g (1.01%)