

Melt-in-Your-Mouth Shortbread

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



111 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.5 cup powdered sugar
- 0.3 cup cornstarch
- 1.5 cups flour all-purpose

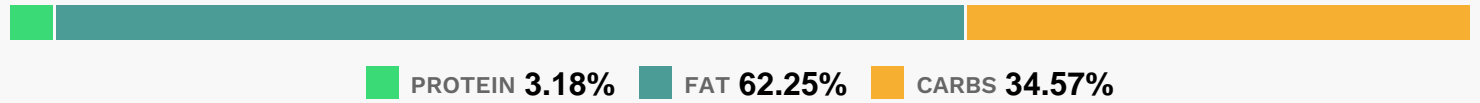
Equipment

- baking sheet
- oven
- hand mixer

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Whip butter with an electric mixer until fluffy. Stir in the confectioners' sugar, cornstarch, and flour. Beat on low for one minute, then on high for 3 to 4 minutes. Drop cookies by spoonfuls 2 inches apart on an ungreased cookie sheet.
- Bake for 12 to 15 minutes in the preheated oven. Watch that the edges don't brown too much. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:4.32, Inflammation Score:-2, Nutrition Score:1.4473913026893%

Nutrients (% of daily need)

Calories: 111.06kcal (5.55%), Fat: 7.75g (11.92%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.46g (3.44%), Sugar: 2.47g (2.75%), Cholesterol: 20.34mg (6.78%), Sodium: 61.14mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin A: 236.36IU (4.73%), Vitamin B1: 0.06mg (4.12%), Selenium: 2.8µg (3.99%), Folate: 14.58µg (3.65%), Manganese: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.47mg (2.33%), Iron: 0.37mg (2.07%), Vitamin E: 0.22mg (1.49%), Phosphorus: 10.88mg (1.09%)