



Fruit and Nut Holiday Shortbread

READY IN



60 min.

SERVINGS



16

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons chocolate chips mini
- ☐ 0.3 cup cranberries dried
- ☐ 1 cup flour
- ☐ 2 tablespoons orange marmalade
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted softened room temperature (1 stick)

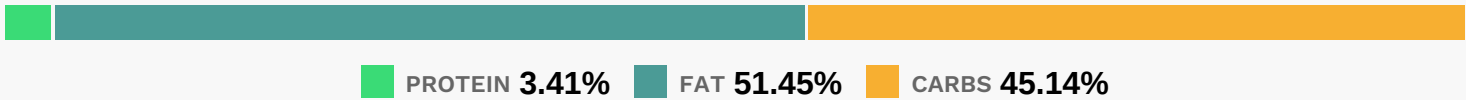
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Make the shortbread cookies: Preheat the oven to 300 degrees F. Cream the butter with the sugar in a medium bowl using a handheld mixer. In a small bowl, mix the salt and flour, and then mix into the butter, 1/4 cup at a time, just until uniform. Do not overmix. Gather the dough into a ball; chill for 15 minutes if the dough is beginning to soften or feel greasy.
- ☐ Roll the dough out to 1/2-inch and cut into rectangles about 1/2-inch by 2 inches.
- ☐ Place on a cold, ungreased baking sheet.
- ☐ Bake until the edges are just beginning to turn golden, 20 minutes.
- ☐ Meanwhile, make the fruit and nut topping: In a small bowl, mix the pecans, cranberries, and chocolate chips with the orange marmalade.
- ☐ After 20 minutes, remove the cookies from the oven and spread the fruit and nut topping on the tops of the shortbread. Return to bake for 7 to 8 more minutes. Allow to cool before serving. Best eaten within a day or two of making.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:7.23, Inflammation Score:-2, Nutrition Score:1.9100000203952%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 128.51kcal (6.43%), Fat: 7.53g (11.58%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 14.32g (5.21%), Sugar: 8.3g (9.22%), Cholesterol: 15.53mg (5.18%), Sodium: 76.42mg (3.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Manganese: 0.14mg (6.8%), Vitamin B1: 0.07mg (4.89%), Selenium: 2.84µg (4.05%), Folate: 15.11µg (3.78%), Vitamin A: 183.98IU (3.68%), Vitamin B2: 0.05mg (2.66%), Vitamin B3: 0.5mg (2.48%), Iron: 0.44mg (2.47%), Fiber: 0.54g (2.17%), Copper: 0.04mg (1.83%), Vitamin E: 0.23mg (1.56%), Phosphorus: 15.11mg (1.51%), Magnesium: 4.05mg (1.01%)