



GG's Shortbread Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 2 cups butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 cup cornstarch
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 0.3 cup sugar white or as needed
- ☐ 1.5 cups sugar white

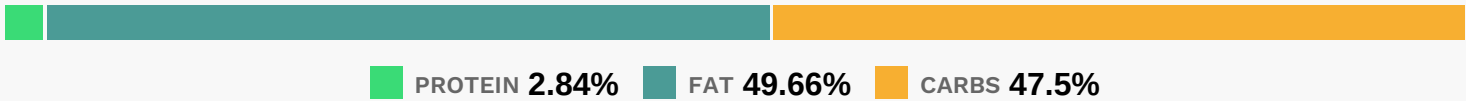
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat butter, 1 1/2 cup white sugar, and confectioners' sugar together in a bowl using an electric mixer until smooth and creamy; mix in cornstarch and 2 cups flour. Make a well in the center of the dough; add egg and mix well. Knead the remaining 1 cup flour into dough using your hands until dough pulls away from the sides of the bowl.
- ☐ Roll dough into walnut-sized balls.
- ☐ Pour 1/4 cup white sugar into a bowl; dip top of each ball in sugar. Arrange balls on a baking sheet. Slightly flatten each ball using the bottom of a drinking glass.
- ☐ Bake in the preheated oven until edges of cookies are lightly browned, about 5 minutes. Cool in the pans for 5 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.52, Glycemic Load:9.41, Inflammation Score:-2, Nutrition Score:1.5491304148151%

Nutrients (% of daily need)

Calories: 140.66kcal (7.03%), Fat: 7.86g (12.09%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 16.68g (6.07%), Sugar: 8.53g (9.48%), Cholesterol: 23.75mg (7.92%), Sodium: 62.61mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin A: 241.31IU (4.83%), Selenium: 3.15µg (4.5%), Vitamin B1: 0.06mg (4.14%), Folate: 15.01µg (3.75%), Vitamin B2: 0.05mg (2.8%), Manganese: 0.06mg (2.76%), Vitamin B3: 0.47mg (2.33%), Iron: 0.4mg (2.21%), Vitamin E: 0.23mg (1.56%), Phosphorus: 12.87mg (1.29%)