



## GG's Shortbread Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



137 kcal

DESSERT

### Ingredients

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

### Equipment

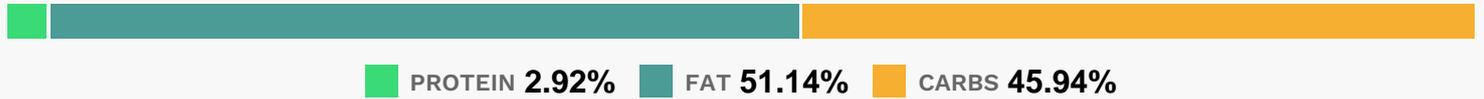
- bowl

- 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:4.06, Glycemic Load:8.68, Inflammation Score:-2, Nutrition Score:1.5478260578669%

## Nutrients (% of daily need)

Calories: 136.65kcal (6.83%), Fat: 7.86g (12.09%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.65g (5.69%), Sugar: 7.49g (8.32%), Cholesterol: 23.75mg (7.92%), Sodium: 62.6mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin A: 241.31IU (4.83%), Selenium: 3.14µg (4.49%), Vitamin B1: 0.06mg (4.14%), Folate: 15.01µg (3.75%), Vitamin B2: 0.05mg (2.79%), Manganese: 0.06mg (2.76%), Vitamin B3: 0.47mg (2.33%), Iron: 0.4mg (2.2%), Vitamin E: 0.23mg (1.56%), Phosphorus: 12.87mg (1.29%)