



## Ginger-Cranberry Shortbread Wedges

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



135 kcal

DESSERT

### Ingredients

- 0.7 cup butter softened
- 3 tablespoons candied ginger finely chopped
- 0.5 cup cranberries dried chopped
- 1.3 cups flour all-purpose
- 2 teaspoons granulated sugar
- 0.3 cup powdered sugar

### Equipment

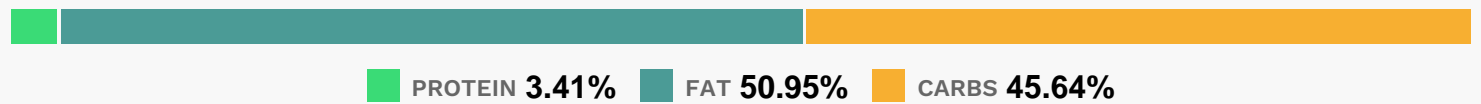
- bowl

- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 350F. In large bowl, mix butter, powdered sugar and ginger with electric mixer on medium speed, or mix with spoon. Stir in flour and cranberries.
- Pat dough into 9-inch circle on ungreased cookie sheet.
- Sprinkle with granulated sugar.
- Bake about 20 minutes or until golden brown. Cool 10 minutes on cookie sheet on wire rack.
- Cut into 16 wedges.

## Nutrition Facts



## Properties

Glycemic Index:9.07, Glycemic Load:6.1, Inflammation Score:-3, Nutrition Score:1.9952173854184%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 135.26kcal (6.76%), Fat: 7.76g (11.94%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 15.16g (5.51%), Sugar: 7.14g (7.94%), Cholesterol: 0mg (0%), Sodium: 89.93mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 338.32IU (6.77%), Vitamin B1: 0.08mg (5.55%), Selenium: 3.57µg (5.1%), Folate: 19.16µg (4.79%), Manganese: 0.08mg (4.06%), Vitamin B2: 0.06mg (3.33%), Vitamin B3: 0.64mg (3.19%), Iron: 0.5mg (2.78%), Vitamin E: 0.38mg (2.53%), Fiber: 0.48g (1.93%), Phosphorus: 13.73mg (1.37%)