



Ginger Shortbread

READY IN



45 min.

SERVINGS



16

CALORIES



69 kcal

DESSERT

Ingredients

- 0.8 cup cake flour
- 0.3 ounce crystallized ginger cut into 16 thin slices
- 1 teaspoon ground ginger
- 1 tablespoon ice water
- 1 Dash salt
- 0.3 cup sugar
- 1 tablespoon turbinado
- 5 tablespoons butter unsalted softened

Equipment

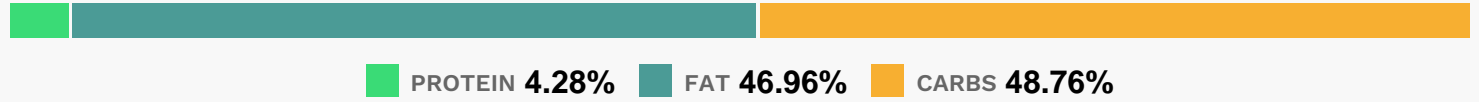
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- measuring cup

Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 1/4 cup sugar, ground ginger, and salt, stirring with a whisk.
- Place butter in a medium bowl; beat with a mixer at medium speed until smooth (about 1 minute).
- Add flour mixture; beat at low speed just until combined.
- Add ice water; stir just until combined. Press mixture gently into a 4-inch circle on plastic wrap, and cover with additional plastic wrap. Chill for 20 minutes.
- Preheat oven to 35
- Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- Roll dough, still covered, into an 8-inch circle (the edges of the circle will crack slightly).
- Remove top sheets of plastic wrap, and fit dough, plastic wrap side up, onto a baking sheet coated with cooking spray.
- Remove the remaining plastic wrap.
- Sprinkle dough with 1 tablespoon of coarse sugar; press gently to help sugar adhere to dough. Lightly score dough into 16 wedges, cutting into, but not through, dough.
- Place 1 piece of crystallized ginger in each wedge; press gently to adhere.

- Bake at 350 for 25 minutes or until lightly gold in color.
- Remove from oven; cool 5 minutes.
- Cut through score lines to make 16 wedges.
- Place on a wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:0.76391303766033%

Nutrients (% of daily need)

Calories: 69.39kcal (3.47%), Fat: 3.66g (5.63%), Saturated Fat: 2.26g (14.16%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.39g (3.05%), Sugar: 4.22g (4.69%), Cholesterol: 9.41mg (3.14%), Sodium: 3.22mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Manganese: 0.09mg (4.43%), Selenium: 2.46µg (3.51%), Vitamin A: 109.49IU (2.19%)