



## Gluten-Free Tuesday: Shortbread Cookies



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



30

CALORIES



110 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 14 tablespoons butter softened
- ☐ 0.5 cup cornstarch
- ☐ 0.8 cup granulated sugar
- ☐ 1.3 cups rice flour white
- ☐ 1 teaspoon salt
- ☐ 0.5 cup rice flour sweet
- ☐ 1 teaspoon vanilla extract

☐ 0.3 teaspoon xanthan gum (this prevents the cookies from spreading)

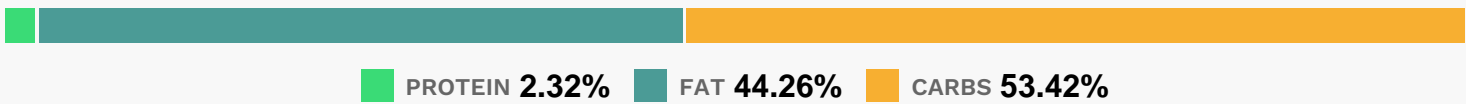
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ stand mixer
- ☐ rolling pin

## Directions

- ☐ Preheat oven to 300°F. Line baking sheet with parchment paper. In small bowl, whisk together white rice flour, sweet rice flour, cornstarch, salt, baking powder, and xanthan gum. In bowl of stand mixer fitted with paddle attachment, cream butter, sugar, and vanilla extract together, on medium-low speed, until a thick paste forms, about 30 seconds. Shut off stand mixer.
- ☐ Add dry ingredients. Turn on mixer and mix until a dough forms, about three minutes.
- ☐ Lightly white rice flour your countertop. Turn dough out onto counter and shape dough into a disk. Using a rolling pin, roll dough out, about 1/4-inch thick.
- ☐ Cut using a round cutter and place cookies on prepared baking sheet, about two inches apart.
- ☐ Bake until cookies are lightly golden brown on the edges and aromatic, about 30 minutes.
- ☐ Allow cookies to cool on the pan for five minutes and then transfer to wire rack to cool. Repeat using remaining dough.

## Nutrition Facts



## Properties

Glycemic Index:11.6, Glycemic Load:8.67, Inflammation Score:-1, Nutrition Score:1.0639130499052%

Nutrients (% of daily need)

Calories: 110.49kcal (5.52%), Fat: 5.45g (8.39%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.54g (5.29%), Sugar: 5.02g (5.58%), Cholesterol: 14.05mg (4.68%), Sodium: 124.03mg (5.39%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 0.64g (1.29%), Manganese: 0.12mg (5.96%), Vitamin A: 163.27IU (3.27%), Selenium: 1.63µg (2.33%), Vitamin B6: 0.04mg (2.14%), Vitamin B3: 0.26mg (1.28%), Phosphorus: 12.23mg (1.22%), Fiber: 0.27g (1.09%), Vitamin E: 0.16mg (1.08%)