



Gorgonzola and Pistachio Shortbread



Vegetarian



Popular

READY IN



20 min.

SERVINGS



18

CALORIES



119 kcal

Ingredients

- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 0.1 teaspoon cayenne
- ☐ 0.5 cup cornstarch
- ☐ 1 cup flour
- ☐ 1 cup gorgonzola crumbled
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup pistachios chopped
- ☐ 0.3 teaspoon salt

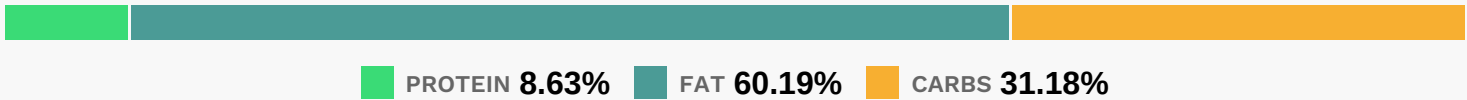
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream the cheese and butter.
- ☐ Mix in the flour, cornstarch, salt and cayenne.
- ☐ Mix the dry ingredients into the wet ingredients followed by the pistachios and lemon zest. Shape the cookies as you like and place them on a parchment lined baking sheet with an inch of space between them.
- ☐ Place the baking sheet in the fridge and chill for at least 30 minutes.
- ☐ Bake in a preheated 350F oven until they just start to turn a light golden brown, about 8-14 minutes, remove and let cool. (Note: The shortbread will still be rather soft when it is done but it will crisp up as it cools.)

Nutrition Facts



Properties

Glycemic Index:11.22, Glycemic Load:3.95, Inflammation Score:-2, Nutrition Score:2.475217419474%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 119.09kcal (5.95%), Fat: 8.02g (12.34%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.88g (3.23%), Sugar: 0.23g (0.26%), Cholesterol: 18.27mg (6.09%), Sodium: 145.53mg (6.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.59g (5.18%), Selenium: 3.59µg (5.13%), Vitamin B1: 0.08mg (5.11%), Phosphorus: 44.99mg (4.5%), Vitamin A: 220.76IU (4.42%), Folate: 16.35µg (4.09%), Manganese: 0.08mg (3.88%), Calcium: 38.35mg (3.84%), Vitamin B2: 0.06mg (3.78%), Vitamin B6: 0.05mg (2.65%), Vitamin B3: 0.51mg (2.54%), Iron: 0.45mg (2.51%), Copper: 0.04mg (2.2%), Fiber: 0.47g (1.88%), Zinc: 0.27mg (1.83%), Vitamin B5:

0.16mg (1.58%), Magnesium: 6mg (1.5%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.09µg (1.46%), Potassium:
48.93mg (1.4%)