



Granny's Shortbread Cookies



Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 10 ounce maraschino cherries drained
- ☐ 0.5 teaspoon salt
- ☐ 2.3 ounce decorator sugar red

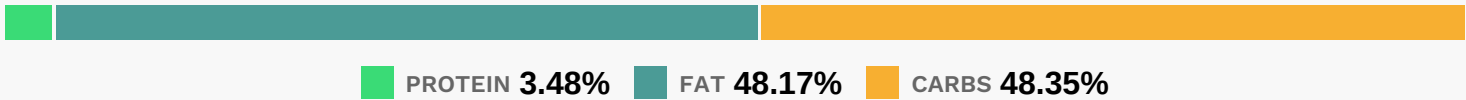
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together the butter, sugar, salt, nutmeg and egg yolk.
- ☐ Add the flour a little at a time until mixture is stiff.
- ☐ Place onto floured board and knead lightly until the dough begins to crack.
- ☐ Roll out 1/4 inch thickness and cut into desired shapes.
- ☐ Place on un-greased cookie sheet, decorate with colored sugar crystals and maraschino cherries.
- ☐ Bake for 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:7.61, Inflammation Score:-2, Nutrition Score:2.1186956724395%

Nutrients (% of daily need)

Calories: 147.65kcal (7.38%), Fat: 8.01g (12.32%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.43g (6.34%), Sugar: 9.72g (10.8%), Cholesterol: 28.44mg (9.48%), Sodium: 110.38mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.57%), Folate: 20.45µg (5.11%), Vitamin A: 252.5IU (5.05%), Manganese: 0.07mg (3.68%), Vitamin B2: 0.06mg (3.51%), Iron: 0.56mg (3.11%), Vitamin B3: 0.62mg (3.1%), Fiber: 0.66g (2.65%), Phosphorus: 16.82mg (1.68%), Vitamin E: 0.25mg (1.67%), Copper: 0.03mg (1.65%), Calcium: 11.28mg (1.13%)