



Lavender Shortbread Cookies

 Vegetarian  Popular

READY IN



100 min.

SERVINGS



24

CALORIES



186 kcal

DESSERT

Ingredients

- 1.5 cups butter softened
- 0.3 cup confectioners' sugar sifted
- 0.5 cup cornstarch
- 2.5 cups flour all-purpose
- 2 tablespoons lavender fresh finely chopped
- 1 tablespoon mint leaves fresh chopped
- 1 teaspoon lemon zest grated
- 0.3 teaspoon salt

0.7 cup sugar white

Equipment

bowl

baking sheet

oven

plastic wrap

cookie cutter

Directions

In a medium bowl, cream together the butter, white sugar and confectioners' sugar until light and fluffy.

Mix in the lavender, mint and lemon zest.

Combine the flour, cornstarch and salt; mix into the batter until well blended. Divide dough into two balls, wrap in plastic wrap and flatten to about 1inch thick. Refrigerate until firm, about 1hour.

Preheat the oven to 325 degrees F (165 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness.

Cut into shapes with cookie cutters. Cookie stamps will work well on these too.

Place on cookie sheets.

Bake for 18 to 20 minutes in the preheated oven, just until cookies begin to brown at the edges. Cool for a few minutes on the baking sheets then transfer to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:11.07, Inflammation Score:-3, Nutrition Score:2.4334782906201%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 186.33kcal (9.32%), Fat: 11.67g (17.95%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 18.94g (6.89%), Sugar: 6.81g (7.57%), Cholesterol: 30.5mg (10.17%), Sodium: 116.1mg (5.05%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.49g (2.99%), Vitamin A: 367.19IU (7.34%), Vitamin B1: 0.1mg (6.88%), Selenium: 4.67µg (6.67%), Folate: 24.5µg (6.13%), Manganese: 0.09mg (4.65%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.78mg (3.89%), Iron: 0.66mg (3.66%), Vitamin E: 0.34mg (2.25%), Phosphorus: 17.98mg (1.8%), Fiber: 0.4g (1.6%), Copper: 0.02mg (1.07%)