



Lemon Brown Butter Shortbread

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 teaspoon sea salt
- ☐ 12 servings sugar for sprinkling
- ☐ 12 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

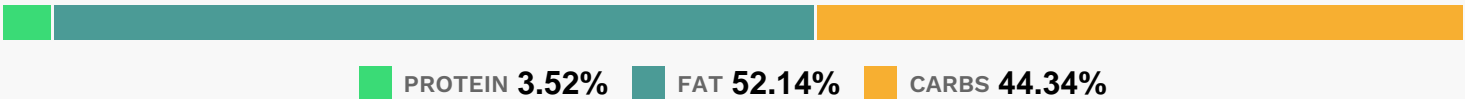
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Lightly grease a 9 1/2-inch fluted tart pan with a removable bottom. Or, if you don't have a tart pan, line an 8-inch square cake pan with foil, leaving an overhang on two opposite sides so you can lift the shortbread out of the pan.
- ☐ Melt the butter in a small saucepan over medium-low heat, then cook until the milk solids sink to the bottom, turn golden-brown, and smell toasty; be careful not to burn the butter.
- ☐ Remove from heat.
- ☐ Combine the brown butter with the brown sugar, vanilla, zest, and salt in a medium bowl.
- ☐ Add the flour and mix until incorporated.
- ☐ Spread the dough evenly in a prepared pan.
- ☐ Let stand for 2 hours, or, preferably, overnight. (Do not refrigerate.)
- ☐ Preheat the oven to 300°F.
- ☐ Bake the shortbread for 45 minutes.
- ☐ Remove the pan from the oven, but leave the oven on. Lightly sprinkle the surface of the shortbread with sugar.
- ☐ Let cool for 10 minutes.
- ☐ Very carefully remove the sides of the tart pan. Or, carefully remove the shortbread from the pan using the foil as a sling. Use a very sharp thin knife to cut it into 12 wedges or 9 squares. Carefully place the slices slightly apart on a baking sheet lined with parchment and return

them to the oven for 15 minutes to toast lightly. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:2.9134782280611%

Nutrients (% of daily need)

Calories: 197.2kcal (9.86%), Fat: 11.51g (17.71%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 21.56g (7.84%), Sugar: 9.99g (11.1%), Cholesterol: 30.1mg (10.03%), Sodium: 52.95mg (2.3%), Alcohol: 0.1g (100%), Alcohol %: 0.36% (100%), Protein: 1.75g (3.5%), Vitamin B1: 0.12mg (8.24%), Selenium: 5.55µg (7.93%), Folate: 29.15µg (7.29%), Vitamin A: 350.03IU (7%), Manganese: 0.11mg (5.72%), Vitamin B2: 0.08mg (4.85%), Vitamin B3: 0.94mg (4.71%), Iron: 0.8mg (4.44%), Vitamin E: 0.34mg (2.23%), Phosphorus: 20.67mg (2.07%), Fiber: 0.46g (1.83%), Copper: 0.03mg (1.49%), Vitamin D: 0.21µg (1.4%), Calcium: 13.95mg (1.39%), Magnesium: 4.65mg (1.16%)