



Lemon-Chamomile Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 1 lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon loose chamomile tea
- ☐ 1 cup butter unsalted (2 sticks)

Equipment

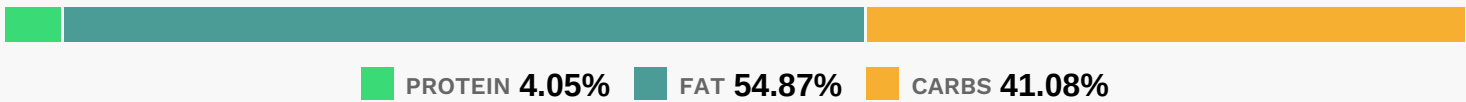
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ cake form

Directions

- ☐ Heat oven to 325 F.
- ☐ Combine the butter, sugar, and salt in a mixer and beat until light and fluffy. Blend in the lemon zest, loose tea, and flour until smooth. Press into an 8-inch square cake pan.
- ☐ Bake 30 minutes or just until the shortbread begins to turn golden.
- ☐ Cut into 9 squares, then cut each square into 2 triangles. Cool completely on a wire rack.
- ☐ Remove the shortbread cookies from the pan.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:12.5, Inflammation Score:-3, Nutrition Score:2.7339130458624%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate:
0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg
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Epigallocatechin 3-gallate: 0.03mg Thearubigins: 0.22mg, Thearubigins: 0.22mg, Thearubigins: 0.22mg,
Thearubigins: 0.22mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 168.85kcal (8.44%), Fat: 10.4g (16%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 17.52g (5.84%), Net
Carbohydrates: 17.06g (6.2%), Sugar: 5.61g (6.23%), Cholesterol: 27.11mg (9.04%), Sodium: 34.08mg (1.48%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin B1: 0.12mg (8.23%), Selenium: 5.46µg
(7.8%), Folate: 29.03µg (7.26%), Vitamin A: 315.32IU (6.31%), Manganese: 0.11mg (5.4%), Vitamin B2: 0.08mg
(4.87%), Vitamin B3: 0.93mg (4.65%), Iron: 0.73mg (4.07%), Vitamin E: 0.3mg (2.02%), Phosphorus: 19.94mg
(1.99%), Fiber: 0.46g (1.83%), Vitamin D: 0.19µg (1.26%), Copper: 0.03mg (1.26%)