



Lemon Cornmeal Shortbread

 Vegetarian

READY IN



110 min.

SERVINGS



36

CALORIES



87 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1.5 cups flour all-purpose
- 2 teaspoons lemon zest grated
- 0.7 cup sugar
- 1 teaspoon vanilla
- 0.5 cup cornmeal yellow

Equipment

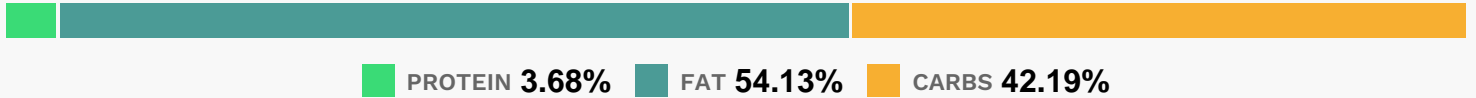
- bowl

- baking sheet
- oven
- plastic wrap
- hand mixer

Directions

- In medium bowl, beat butter, sugar, lemon peel and vanilla with electric mixer on medium speed 2 minutes. Gradually add flour and cornmeal, beating just until blended. Divide dough in half. On waxed paper or plastic wrap, shape half of dough into 6-inch square. Repeat with remaining half of dough. Wrap dough in plastic wrap; refrigerate at least 1 hour or until firm.
- Heat oven to 325F. On lightly floured surface, cut each square of dough into 6 rows by 3 rows. On ungreased cookie sheets, place rectangles about 1 inch apart. Prick with fork.
- Bake 17 to 19 minutes or until set and edges begin to brown. Cool 5 minutes; remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:6.42, Inflammation Score:-1, Nutrition Score:1.2334782643163%

Nutrients (% of daily need)

Calories: 87.28kcal (4.36%), Fat: 5.31g (8.16%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.95g (3.25%), Sugar: 3.77g (4.19%), Cholesterol: 13.56mg (4.52%), Sodium: 40.79mg (1.77%), Alcohol: 0.04g (100%), Alcohol %: 0.27% (100%), Protein: 0.81g (1.62%), Vitamin B1: 0.05mg (3.19%), Vitamin A: 157.63IU (3.15%), Selenium: 1.98µg (2.83%), Folate: 10.49µg (2.62%), Manganese: 0.05mg (2.5%), Vitamin B3: 0.37mg (1.83%), Vitamin B2: 0.03mg (1.81%), Iron: 0.31mg (1.73%), Fiber: 0.36g (1.44%), Phosphorus: 12.13mg (1.21%), Vitamin E: 0.16mg (1.05%)