



Lemon Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 0.3 cornstarch
- ☐ 2.5 teaspoons lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

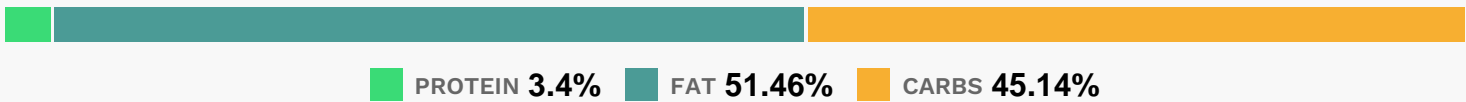
- ☐ frying pan

- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 300°F. Blend first 5 ingredients in processor.
- ☐ Add butter; cut in using on/off turns until moist clumps form. Gather dough into ball; divide in half. Press 1 dough half onto bottom of each of two 8-inch-diameter cake pans. Pierce dough all over with fork.
- ☐ Bake until cooked through and pale golden, about 40 minutes. Cool shortbread in pans on racks 5 minutes.
- ☐ Cut each warm shortbread in pan into 12 wedges. Cool completely. Using spatula, carefully transfer to platter. (Can be made up to 4 days ahead. Store in airtight container at room temperature.)

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:8.19, Inflammation Score:-1, Nutrition Score:1.4091304307399%

Nutrients (% of daily need)

Calories: 100.83kcal (5.04%), Fat: 5.85g (9%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 11.31g (4.11%), Sugar: 5.58g (6.2%), Cholesterol: 15.25mg (5.08%), Sodium: 49.45mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin B1: 0.06mg (4.12%), Selenium: 2.75µg (3.94%), Folate: 14.54µg (3.63%), Vitamin A: 177.38IU (3.55%), Manganese: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.48%), Vitamin B3: 0.47mg (2.33%), Iron: 0.37mg (2.05%), Vitamin E: 0.17mg (1.13%), Phosphorus: 10.17mg (1.02%)