



Lime-Mint Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 5 tablespoons butter softened
- ☐ 5.5 ounces flour all-purpose
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 0.5 teaspoon lemon extract
- ☐ 2 tablespoons juice of lime fresh (1 lime)
- ☐ 1 teaspoon lime rind grated
- ☐ 0.3 cup powdered sugar
- ☐ 2 teaspoons powdered sugar

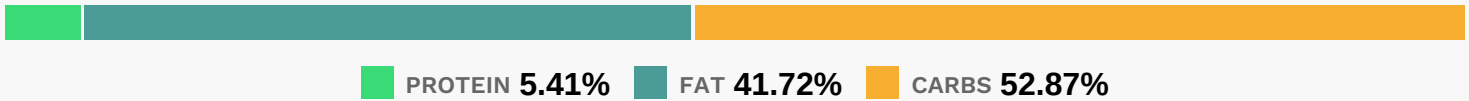
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour and mint to butter mixture; stir just until combined. Turn dough out onto a floured surface; knead lightly 5 times.
- ☐ Pat dough into an 8-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 12 wedges, cutting into but not through dough. Crimp edges of dough with a fork.
- ☐ Bake at 350 for 25 minutes or until golden.
- ☐ Sprinkle with 2 teaspoons powdered sugar.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:7.18, Inflammation Score:-2, Nutrition Score:2.1565217330404%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.35kcal (5.22%), Fat: 4.86g (7.48%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 13.47g (4.9%), Sugar: 3.67g (4.08%), Cholesterol: 12.54mg (4.18%), Sodium: 38.02mg (1.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin B1: 0.1mg (6.89%), Selenium: 4.49µg (6.41%), Folate: 24.69µg (6.17%), Manganese: 0.09mg (4.71%), Vitamin B2: 0.07mg (4.02%), Vitamin B3: 0.78mg (3.9%), Iron: 0.63mg (3.5%), Vitamin A: 164.81IU (3.3%), Phosphorus: 16.12mg (1.61%), Fiber: 0.4g (1.6%), Vitamin C: 0.93mg (1.13%), Copper: 0.02mg (1.06%)