



Lydia's Austrian Raspberry Shortbread

 Vegetarian

READY IN



195 min.

SERVINGS



12

CALORIES



669 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup confectioners' sugar
- 4 egg yolks
- 4 cups flour all-purpose
- 2 cups granulated sugar
- 1 cup raspberry jam at room temperature
- 0.3 teaspoon salt
- 1 pound butter unsalted softened at room temperature (4 sticks)

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- plastic wrap
- baking pan
- hand mixer
- spatula
- tart form
- serrated knife

Directions

- In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until soft and fluffy.
- Add the egg yolks and mix well.
- In a medium bowl, stir together the granulated sugar, flour, baking powder, and salt.
- Add to the butter/egg yolk mixture and mix just until incorporated and the dough starts to come together. Turn the dough out onto a floured work surface and form into 2 balls. Wrap each ball in plastic wrap and freeze at least 2 hours or overnight, or as long as a month.
- Preheat the oven to 350 degrees F.
- Remove 1 ball of dough from the freezer and coarsely grate the frozen dough into the bottom of a 9 by 12-inch baking pan or a 10-inch tart pan with a removable bottom. Make sure the surface is covered evenly with shreds of dough. With a spoon or spatula, spread the jam over the surface, to within 1/2-inch of the edge all the way around.
- Remove the remaining dough from the freezer and coarsely grate it over the entire surface.
- Bake until light golden brown, 30 to 40 minutes. As soon as the shortbread comes out of the oven, dust with confectioners' sugar. Cool on a wire rack, then cut in the pan with a serrated knife.

Nutrition Facts

PROTEIN 3.36% FAT 43.55% CARBS 53.09%

Properties

Glycemic Index:24.34, Glycemic Load:57.01, Inflammation Score:-6, Nutrition Score:9.2917391631914%

Nutrients (% of daily need)

Calories: 668.91kcal (33.45%), Fat: 32.78g (50.44%), Saturated Fat: 20.06g (125.36%), Carbohydrates: 89.93g (29.98%), Net Carbohydrates: 88.49g (32.18%), Sugar: 52.07g (57.85%), Cholesterol: 146.07mg (48.69%), Sodium: 136.49mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Selenium: 18.66µg (26.66%), Vitamin B1: 0.34mg (22.94%), Folate: 89.26µg (22.32%), Vitamin A: 1031.13IU (20.62%), Vitamin B2: 0.28mg (16.42%), Manganese: 0.3mg (15.1%), Iron: 2.34mg (12.98%), Vitamin B3: 2.49mg (12.44%), Phosphorus: 97.46mg (9.75%), Vitamin E: 1.09mg (7.27%), Calcium: 68.32mg (6.83%), Vitamin D: 0.89µg (5.94%), Fiber: 1.44g (5.75%), Copper: 0.1mg (5.09%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.48mg (3.23%), Vitamin C: 2.49mg (3.02%), Vitamin B12: 0.18µg (3.02%), Magnesium: 11.54mg (2.88%), Vitamin K: 2.81µg (2.68%), Potassium: 82.92mg (2.37%), Vitamin B6: 0.05mg (2.31%)