



Maple Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons t brown sugar dark packed
- ☐ 0.3 cup maple sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup flour all-purpose
- ☐ 1 stick butter unsalted cold cut into 1/2-inch cubes
- ☐ 1 teaspoon vanilla

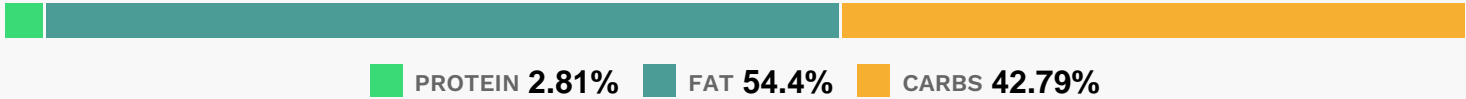
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F and put a 9-inch tart pan with a removable bottom in freezer to chill.
- ☐ Blend butter, brown sugar, 2 tablespoons maple sugar, and vanilla in a food processor just until smooth, about 30 seconds. Sift flour, cornstarch, and salt over butter mixture and pulse just until clumps form (about 8 pulses).
- ☐ Press evenly into chilled pan, then sprinkle evenly with remaining 2 tablespoons maple sugar. Prick all over with a fork and freeze 5 minutes.
- ☐ Bake in middle of oven until edges are golden, 25 to 30 minutes. Cool in pan on a rack 5 minutes and, while still warm, cut into 8 wedges. Cool completely before removing from pan.
- ☐ Shortbread keeps in an airtight container at room temperature 5 days.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:10.7, Inflammation Score:-3, Nutrition Score:3.2447826201501%

Nutrients (% of daily need)

Calories: 190.57kcal (9.53%), Fat: 11.59g (17.83%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 20.17g (7.33%), Sugar: 9.29g (10.32%), Cholesterol: 30.37mg (10.12%), Sodium: 76.34mg (3.32%), Alcohol: 0.17g (100%), Alcohol %: 0.56% (100%), Protein: 1.35g (2.69%), Manganese: 0.41mg (20.59%), Vitamin A: 352.98IU (7.06%), Vitamin B1: 0.09mg (6.23%), Selenium: 4.27µg (6.09%), Folate: 21.9µg (5.47%), Iron: 0.7mg (3.88%), Vitamin B2: 0.06mg (3.77%), Zinc: 0.55mg (3.64%), Vitamin B3: 0.71mg (3.53%), Vitamin E: 0.33mg (2.23%), Phosphorus: 16.68mg (1.67%), Copper: 0.03mg (1.46%), Calcium: 14.43mg (1.44%), Vitamin D: 0.21µg (1.41%), Fiber: 0.33g (1.34%), Potassium: 40.99mg (1.17%), Magnesium: 4.66mg (1.16%)