



Maple-Walnut Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 1 eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted
- ☐ 1.5 cups walnuts chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 300 F. Using an electric mixer, beat the butter, brown sugar, maple syrup, and egg yolk until smooth. Stir in the flour, cinnamon, and salt until combined.
- ☐ Spread the dough into an ungreased 15 1/2-by-10 1/2-inch jelly-roll pan or cookie sheet with sides.
- ☐ Beat the egg white in a small bowl with a fork until foamy.
- ☐ Spread evenly over the dough.
- ☐ Sprinkle on the nuts and press them gently into the dough.
- ☐ Bake 35 to 40 minutes or until the shortbread shrinks slightly from the sides of the pan. Do not overcook; you want them to be a little chewy.
- ☐ Cut diagonally into 3-by-1 1/2-inch bars.

Nutrition Facts



PROTEIN 5.1% FAT 57.94% CARBS 36.96%

Properties

Glycemic Index:3.79, Glycemic Load:5.01, Inflammation Score:-2, Nutrition Score:3.0465217219747%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 128.35kcal (6.42%), Fat: 8.48g (13.05%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 11.54g (4.2%), Sugar: 5.8g (6.45%), Cholesterol: 18.1mg (6.03%), Sodium: 20.09mg (0.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.36mg (17.9%), Vitamin B2: 0.11mg (6.25%), Vitamin B1: 0.07mg (5%), Copper: 0.09mg (4.58%), Folate: 18.29µg (4.57%), Selenium: 3.07µg (4.39%), Vitamin A: 165.81IU (3.32%), Iron: 0.53mg (2.96%), Phosphorus: 28.57mg (2.86%), Magnesium: 10.85mg (2.71%), Fiber: 0.63g (2.53%), Vitamin B3: 0.48mg (2.39%), Calcium: 17.66mg (1.77%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.66%), Vitamin E: 0.2mg (1.35%), Potassium: 47.22mg (1.35%)