



## Mexican Chocolate Shortbread

 Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



145 kcal

DESSERT

### Ingredients

- 3 tablespoons almonds plus more for topping sliced
- 6 tablespoons dutch-process cocoa powder
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons sugar raw
- 0.3 teaspoon salt
- 12 tablespoons butter unsalted softened plus more for the pan

## Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- knife
- blender
- plastic wrap
- baking pan
- measuring cup

## Directions

- Preheat the oven to 350 degrees F. Butter a 9-inch-square metal baking pan, then line with parchment paper, leaving an overhang on all 4 sides. Pulse the flour, almonds, cocoa powder, cinnamon, salt and cayenne, if using, in a food processor until the almonds are finely ground.
- Beat the butter and granulated sugar in a large bowl with a mixer until light and fluffy.
- Add the flour mixture and beat until just combined (the dough will be crumbly). Press the dough into the bottom of the prepared pan (you can cover the dough with plastic wrap and use the bottom of a measuring cup to even it out).
- Prick the dough all over with a fork, then use a sharp knife to cut it into 18 strips. Top with almonds, lightly pressing them in.
- Sprinkle with the raw sugar. Refrigerate until the dough is firm, about 10 minutes.
- Bake until the shortbread is slightly puffed and firm, 30 to 35 minutes.
- Remove the pan from the oven and immediately retrace the strips with a knife; cool completely in the pan on a rack. Lift up the parchment paper to remove the shortbread from the pan, then separate into bars. Store in an airtight container up to 1 week.
- Photograph by Steve Giralt

## Nutrition Facts



■ PROTEIN 4.87% ■ FAT 52.14% ■ CARBS 42.99%

## Properties

Glycemic Index:8.89, Glycemic Load:9.65, Inflammation Score:-3, Nutrition Score:3.1369565198117%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 145.27kcal (7.26%), Fat: 8.75g (13.46%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.07g (5.48%), Sugar: 7g (7.78%), Cholesterol: 20.07mg (6.69%), Sodium: 34.01mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 1.84g (3.68%), Manganese: 0.19mg (9.69%), Vitamin B1: 0.09mg (5.8%), Selenium: 3.97µg (5.67%), Folate: 20.62µg (5.15%), Copper: 0.1mg (4.89%), Vitamin A: 233.58IU (4.67%), Fiber: 1.17g (4.66%), Vitamin B2: 0.08mg (4.63%), Iron: 0.8mg (4.42%), Vitamin E: 0.65mg (4.36%), Magnesium: 15.39mg (3.85%), Vitamin B3: 0.72mg (3.59%), Phosphorus: 33.82mg (3.38%), Zinc: 0.25mg (1.67%), Potassium: 51.92mg (1.48%), Calcium: 11.77mg (1.18%)