



Mexican Spiced Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon ancho chili powder
- ☐ 0.5 cup canola oil
- ☐ 0.1 teaspoon chipotle sauce
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 teaspoon brown sugar light
- ☐ 0.5 cup milk 1% low-fat

- ☐ 36 small pecans
- ☐ 0.8 cup powdered sugar
- ☐ 1.3 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon butter unsalted softened
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

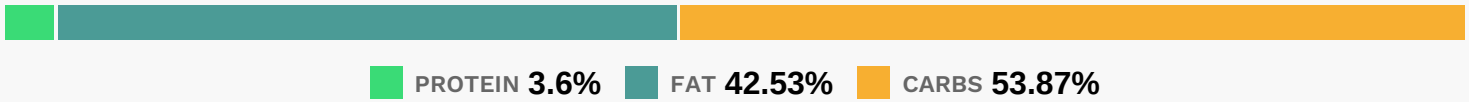
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cocoa, and next 4 ingredients (through ancho chile powder) in a bowl; stir with a whisk.
- ☐ Place 1/2 cup butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Gradually add oil; beat 3 minutes or until well blended. Gradually add 3/4 cup powdered

- sugar; beat well.
- ☐ Add flour mixture; beat at low speed until well blended. Cover and chill 30 minutes.
 - ☐ Shape dough into 36 balls.
 - ☐ Place 2 inches apart on an ungreased baking sheet. Flatten cookies to 1/4 inch thickness.
 - ☐ Bake at 325 for 20 minutes. Cool 1 minute on baking sheet.
 - ☐ Remove from baking sheet to a wire rack; cool completely.
 - ☐ To prepare icing, melt 2 tablespoons butter in a large saucepan over medium heat.
 - ☐ Add 1/2 cup brown sugar and milk; cook 1 minute or until sugar dissolves, stirring constantly. Bring to a boil; reduce heat, and simmer 3 minutes or until slightly thickened, stirring occasionally.
 - ☐ Remove from heat; cool to room temperature.
 - ☐ Add powdered sugar and vanilla, stirring with a whisk until smooth.
 - ☐ To prepare nuts, combine 1 teaspoon brown sugar, sea salt, and 1 teaspoon butter in a medium bowl. Arrange pecans on a baking sheet.
 - ☐ Bake at 325 for 10 minutes or until toasted.
 - ☐ Add hot pecans to butter mixture, tossing well to coat. Cool.
 - ☐ Spread 1 teaspoon icing over each cookie; top each with 1 pecan half.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.7899999859864%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 104.93kcal (5.25%), Fat: 5.12g (7.88%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 14.02g (5.1%), Sugar: 9.86g (10.96%), Cholesterol: 8.91mg (2.97%), Sodium: 83.9mg (3.65%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 0.97g (1.95%), Manganese: 0.13mg (6.73%), Vitamin B1: 0.05mg (3.52%), Selenium: 2.12µg (3.03%), Copper: 0.06mg (2.87%), Folate: 10.32µg (2.58%), Fiber: 0.58g (2.34%), Iron: 0.42mg (2.32%), Vitamin A: 111IU (2.22%), Vitamin B2: 0.04mg (2.17%), Phosphorus: 19.86mg (1.99%), Magnesium: 7.61mg (1.9%), Vitamin B3: 0.35mg (1.76%), Vitamin E: 0.23mg (1.54%), Zinc: 0.17mg (1.16%), Calcium: 10.81mg (1.08%)