



Millionaire Shortbread

READY IN



49 min.

SERVINGS



100

CALORIES



81 kcal

DESSERT

Ingredients

- 1 cup brown sugar light packed
- 1.5 cups butter divided softened
- 0.3 cup plus light
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.8 cup rice flour white
- 1.5 cups semi chocolate chips
- 14 ounce condensed milk sweetened canned

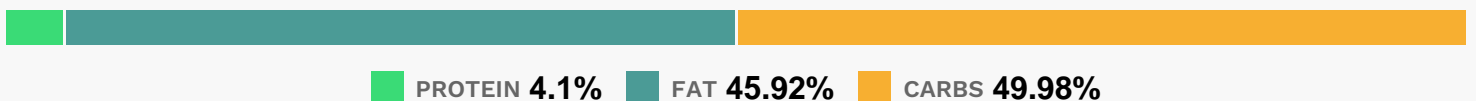
Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- microwave

Directions

- Pulse 1 cup butter, flours, and granulated sugar in a food processor 10 to 15 times or until crumbly. Press mixture evenly into a 15- x 10-inch jelly-roll pan coated with cooking spray for baking.
- Bake at 350 for 18 to 20 minutes or until light golden brown.
- Stir together remaining 1/2 cup butter, condensed milk, and corn syrup in a 2-quart heavy saucepan over low heat 4 minutes or until butter is melted and mixture is blended.
- Add brown sugar, and cook, stirring constantly, 25 to 30 minutes or until caramel colored and thickened.
- Pour evenly over baked cookie in pan, and spread into an even layer. Chill 30 minutes or until caramel is set.
- Microwave morsels in a small glass bowl at HIGH 1 minute or until almost melted. Stir until smooth.
- Spread over caramel layer in pan. (The chocolate layer will be thin.) Chill 15 minutes or until chocolate is firm.
- Cut into 2-inch squares; if desired, cut each square into 2 triangles.
- *3/4 cup all-purpose flour may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:1.2908695711066%

Nutrients (% of daily need)

Calories: 80.9kcal (4.05%), Fat: 4.19g (6.44%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 9.94g (3.62%), Sugar: 6.95g (7.72%), Cholesterol: 8.83mg (2.94%), Sodium: 28.41mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Manganese: 0.07mg (3.45%), Selenium: 1.92µg (2.74%), Phosphorus: 21.84mg (2.18%), Copper: 0.04mg (2.03%), Vitamin A: 97.04IU (1.94%), Vitamin B2: 0.03mg (1.87%), Vitamin B1: 0.03mg (1.76%), Magnesium: 7.03mg (1.76%), Iron: 0.32mg (1.75%), Calcium: 16.2mg (1.62%), Folate: 5.18µg (1.3%), Fiber: 0.31g (1.25%), Potassium: 37.39mg (1.07%), Vitamin B3: 0.21mg (1.07%)