



Mixed-Nut Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



118 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup roasted cashews mixed salted coarsely chopped
- 0.3 cup sugar
- 0.5 cup butter unsalted softened
- 0.5 teaspoon vanilla

Equipment

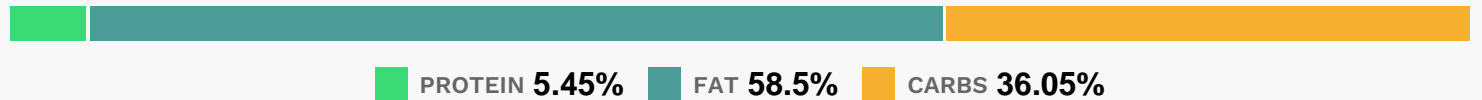
- bowl
- baking sheet

- oven
- wooden spoon

Directions

- Put oven rack in middle position and preheat oven to 375°F.
- Stir together butter and 1/3 cup sugar in a medium bowl with a wooden spoon until combined well. Stir in vanilla, then add flour and mix with your hands just until a dough forms.
- Transfer dough to a lightly greased baking sheet and spread evenly with your fingers to form an 8-inch square.
- Sprinkle nuts evenly over dough, pressing down to help them adhere.
- Sprinkle remaining tablespoon sugar over nuts and bake until shortbread is deep golden, 20 to 25 minutes.
- Cool on baking sheet on a rack, 10 minutes.
- Cut into 18 (roughly 3- by 1 1/2-inch) bars.
- If you have only unsalted nuts on hand, sprinkle them with a generous 1/4 teaspoon salt in addition to the 1 tablespoon sugar.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:6.42, Inflammation Score:-2, Nutrition Score:2.4708695904068%

Nutrients (% of daily need)

Calories: 117.83kcal (5.89%), Fat: 7.84g (12.07%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.51g (3.82%), Sugar: 4.02g (4.47%), Cholesterol: 13.56mg (4.52%), Sodium: 1.79mg (0.08%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 1.64g (3.29%), Copper: 0.14mg (6.9%), Manganese: 0.1mg (4.76%), Selenium: 3.11µg (4.44%), Vitamin B1: 0.07mg (4.42%), Folate: 16.84µg (4.21%), Magnesium: 16.51mg (4.13%), Iron: 0.67mg (3.71%), Phosphorus: 36.99mg (3.7%), Vitamin A: 157.58IU (3.15%), Vitamin B2: 0.05mg (2.86%), Zinc: 0.37mg (2.5%), Vitamin B3: 0.49mg (2.47%), Vitamin K: 2.44µg (2.33%), Fiber: 0.36g (1.43%), Vitamin E: 0.2mg (1.35%), Potassium: 41.43mg (1.18%), Vitamin B5: 0.11mg (1.07%)