



## Nutmeg Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

DESSERT

### Ingredients

- 1 large egg yolk
- 1.3 cups flour
- 1 teaspoon nutmeg grated
- 6 tablespoons sugar
- 0.3 pound butter unsalted cold cut into 1/4-inch cubes

### Equipment

- bowl
- frying pan

- oven
- knife
- whisk
- pie form

## Directions

- Heat the oven to 32
- Butter an 8-inch round metal cake or pie pan.
- In a medium bowl, whisk together the flour and 3/4 teaspoon of the nutmeg. With your fingers, rub in the butter completely until the mixture is the texture of sand. Using a fork, stir in 5 tablespoons of the sugar. Stir in the egg yolk. Press the mixture together to make a dry, crumbly dough and put it on a work surface. Knead the dough about twelve times until it just holds together.
- Press the dough in an even layer into the prepared pan. With a small, sharp knife, mark eight wedges halfway into the dough. With a fork, prick the dough every 1/2 inch or so. In a small bowl, combine the remaining 1 tablespoon sugar and 1/4 teaspoon nutmeg and sprinkle it on the dough.
- Bake the shortbread in the middle of the oven until golden, 50 to 55 minutes.
- Let the shortbread cool slightly in the pan set on a rack and then cut into wedges.
- Let cool completely in the pan.

## Nutrition Facts



**PROTEIN 4.72%** **FAT 50.15%** **CARBS 45.13%**

## Properties

Glycemic Index:26.89, Glycemic Load:17.83, Inflammation Score:-3, Nutrition Score:3.9147826255826%

## Nutrients (% of daily need)

Calories: 220.27kcal (11.01%), Fat: 12.38g (19.05%), Saturated Fat: 7.58g (47.38%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 24.46g (8.89%), Sugar: 9.13g (10.14%), Cholesterol: 53.43mg (17.81%), Sodium: 3.13mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Selenium: 8.45µg (12.07%), Vitamin B1: 0.17mg (11.26%), Folate: 41.84µg (10.46%), Vitamin A: 385.12IU (7.7%), Manganese: 0.15mg (7.57%), Vitamin B2: 0.12mg (7.11%), Vitamin B3: 1.24mg (6.2%), Iron: 1.04mg (5.78%), Phosphorus: 34.72mg (3.47%), Vitamin E: 0.4mg (2.64%),

Fiber: 0.61g (2.46%), Vitamin D: 0.33µg (2.18%), Copper: 0.04mg (1.86%), Vitamin B5: 0.17mg (1.7%), Zinc: 0.21mg (1.42%), Magnesium: 5.43mg (1.36%), Vitamin B12: 0.07µg (1.09%), Vitamin K: 1.07µg (1.02%)