



Peanut Butter Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

Equipment

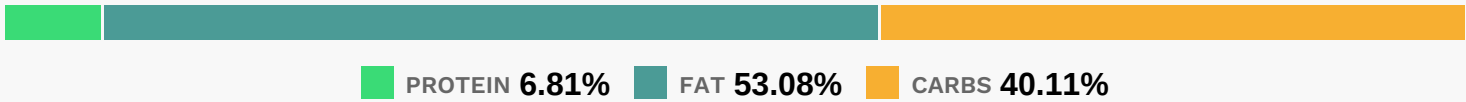
- ☐ baking sheet

- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Beat butter and peanut butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Stir in vanilla.
- ☐ Combine flour and salt; gradually add to butter mixture, beating at low speed until blended.
- ☐ Roll dough to 1/2" thickness on a lightly floured surface.
- ☐ Cut with a 2 1/2" round cutter or Christmas cookie cutter.
- ☐ Place 2" apart on ungreased baking sheets.
- ☐ Bake at 275 for 45 minutes. Cool 2 minutes on baking sheets.
- ☐ Remove to wire racks to cool.
- ☐ Peanut Butter–Chocolate Chip Shortbread: Stir 1/2 cup semisweet chocolate mini-morsels into the dough before rolling, cutting, and baking.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:10.57, Inflammation Score:-3, Nutrition Score:4.7691304061724%

Nutrients (% of daily need)

Calories: 229.03kcal (11.45%), Fat: 13.78g (21.2%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.52g (8.19%), Sugar: 8.08g (8.98%), Cholesterol: 24.4mg (8.13%), Sodium: 151.07mg (6.57%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 3.98g (7.95%), Manganese: 0.26mg (12.94%), Vitamin B3: 2.26mg (11.32%), Vitamin B1: 0.16mg (10.64%), Folate: 42.12µg (10.53%), Selenium: 6.91µg (9.87%), Vitamin E: 1.06mg (7.05%), Vitamin B2: 0.11mg (6.65%), Iron: 1.07mg (5.96%), Vitamin A: 283.64IU (5.67%), Phosphorus: 52.43mg (5.24%), Magnesium: 19.56mg (4.89%), Fiber: 0.92g (3.68%), Copper: 0.07mg (3.33%), Vitamin B6: 0.05mg (2.49%), Zinc: 0.36mg (2.42%), Potassium: 81.15mg (2.32%), Vitamin B5: 0.2mg (1.95%), Calcium: 15.87mg (1.59%)