



Pecan-Toffee Shortbread

READY IN



125 min.

SERVINGS



100

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 0.3 cup cornstarch
- ☐ 2 cups flour all-purpose
- ☐ 2 cups pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 12 oz semi chocolate chips
- ☐ 2 teaspoons vanilla extract

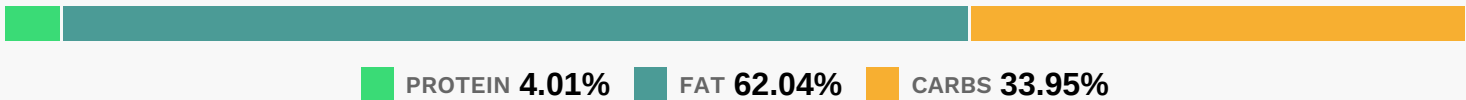
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 15 minutes).
- ☐ Beat butter at medium speed with an electric mixer until creamy. Stir together brown sugar and cornstarch; gradually add to butter, beating at low speed until well blended. Stir together flour and salt; gradually add flour mixture to butter mixture, beating at low speed just until blended.
- ☐ Add vanilla and 1 cup pecans, beating at low speed just until blended.
- ☐ Turn dough out onto a lightly greased baking sheet; pat or roll dough into an 11- x 14-inch rectangle, leaving at least a 1-inch border on all sides of baking sheet.
- ☐ Bake at 350 for 20 minutes or until golden brown.
- ☐ Remove from baking sheet to a wire rack; sprinkle shortbread with chocolate morsels.
- ☐ Let stand 5 minutes; gently spread melted morsels over shortbread.
- ☐ Sprinkle with remaining 1 cup pecans, and let cool completely (about 1 hour).
- ☐ Cut or break shortbread into 2- to 3-inch pieces.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:1.4839130347676%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 67.57kcal (3.38%), Fat: 4.74g (7.29%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.28g (1.92%), Sugar: 2.78g (3.08%), Cholesterol: 5.08mg (1.69%), Sodium: 21.26mg (0.92%), Alcohol: 0.03g (100%), Alcohol %: 0.28% (100%), Protein: 0.69g (1.38%), Manganese: 0.16mg (8.08%), Copper: 0.07mg (3.66%), Vitamin B1: 0.04mg (2.35%), Magnesium: 9.38mg (2.34%), Iron: 0.4mg (2.22%), Fiber: 0.55g (2.21%), Phosphorus: 18.25mg (1.82%), Selenium: 1.27µg (1.81%), Zinc: 0.21mg (1.39%), Folate: 5.14µg (1.28%), Vitamin A: 59.65IU (1.19%), Vitamin B2: 0.02mg (1.04%), Vitamin B3: 0.2mg (1.02%)