



Pesto Shortbread

READY IN



45 min.

SERVINGS



100

CALORIES



44 kcal

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 garlic cloves pressed
- ☐ 0.3 teaspoon ground pepper red
- ☐ 8 ounce block parmesan cheese shredded
- ☐ 0.5 cup pinenuts toasted finely chopped
- ☐ 0.5 cup pinenuts whole

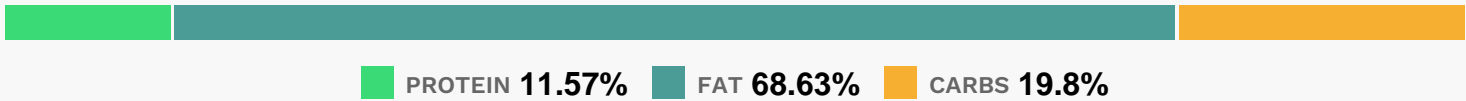
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat butter and Parmesan cheese at medium speed with an electric mixer until blended.
- ☐ Add garlic and next 3 ingredients, beating just until blended. Gradually stir in flour with a spoon (mixture will become crumbly); stir until mixture is blended and smooth (about 2 to 3 minutes). Or instead of stirring the dough with a spoon after adding flour, you can gently press mixture together with hands, and work until smooth.
- ☐ Shape shortbread dough into 8 (7-inch-long) logs. Wrap each log in plastic wrap, and chill for 8 hours.
- ☐ Cut logs into 1/3-inch-thick slices, and place on lightly greased baking sheets. Press 1 whole pine nut into the center of each dough slice.
- ☐ Bake at 350 for 15 to 18 minutes or until lightly browned.
- ☐ Remove shortbread to wire racks, and let cool.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:1.41, Inflammation Score:-1, Nutrition Score:1.3282608602034%

Nutrients (% of daily need)

Calories: 43.51kcal (2.18%), Fat: 3.38g (5.19%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.08g (0.08%), Cholesterol: 6.42mg (2.14%), Sodium: 51.02mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Manganese: 0.14mg (6.91%), Calcium: 28.19mg (2.82%), Phosphorus: 26.91mg (2.69%), Selenium: 1.4µg (2%), Vitamin B1: 0.03mg (1.72%), Vitamin A: 77.98IU (1.56%), Vitamin B2: 0.02mg (1.4%), Folate: 5.28µg (1.32%), Magnesium: 5.02mg (1.26%), Vitamin E: 0.19mg (1.25%), Iron: 0.21mg (1.18%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.13%), Vitamin B3: 0.22mg (1.08%)