



## Pineapple Shortbread Cakes

READY IN



138 min.

SERVINGS



24

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon baking powder
- ☐ 2.3 cups cake flour
- ☐ 0.3 cup plus
- ☐ 2 large egg yolk
- ☐ 4 teaspoons flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 0.3 cup skim milk dry
- ☐ 24 ounce pineapple rings crushed undrained canned
- ☐ 0.5 cup powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 12 tablespoons butter    unsalted softened

## Equipment

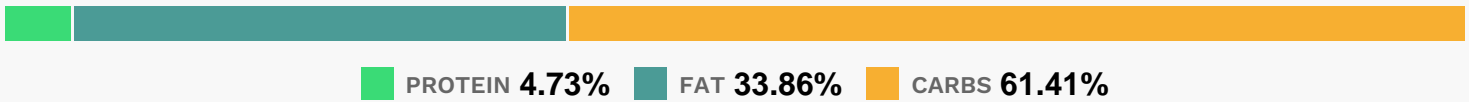
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ measuring cup

## Directions

- ☐ To prepare filling, drain pineapple in a fine-mesh sieve, pressing solids; reserve juice for another use.
- ☐ Place pineapple in a medium saucepan over medium-low heat; cook 15 minutes or until liquid evaporates, stirring frequently.
- ☐ Add granulated sugar and 1/4 teaspoon salt; cook 10 minutes or until liquid mostly evaporates, stirring occasionally.
- ☐ Add corn syrup; cook 5 minutes or until mixture is thick and sticky, stirring frequently.
- ☐ Add all-purpose flour; cook 1 minute or until very thick, stirring constantly. Scrape mixture onto a baking sheet, and spread into a thin layer; cover and chill completely (about 20 minutes).
- ☐ To prepare shortbread, sift dry milk into a bowl. Weigh or lightly spoon cake flour into dry measuring cups; level with a knife. Sift together dry milk, cake flour, 1/4 teaspoon salt, and baking powder.

- ☐ Place butter in a large bowl; beat with a mixer at medium speed until smooth and creamy.
- ☐ Add 1/2 cup powdered sugar; beat 2 minutes or until well combined.
- ☐ Add egg yolks, 1 at a time, beating well after each addition. Beat 2 minutes or until fluffy.
- ☐ Add flour mixture; beat at low speed just until combined. Divide dough in half. Gently shape dough into 2 (10-inch) logs; cover with plastic wrap. Chill 30 minutes.
- ☐ Arrange 1 oven rack 2 positions down from the top of oven; arrange another rack 2 positions up from bottom of oven. Preheat oven to 32
- ☐ Cut each dough log into 12 equal pieces. Working with 1 piece at a time, roll dough into a 3-inch circle on a lightly floured surface.
- ☐ Place about 1 tablespoon filling in the center; bring edges together over filling, and pinch closed. Gently press into a floured 1 3/4-inch square mold or cookie cutter, or shape into a square shape by hand.
- ☐ Place cake on a parchment-lined baking sheet. Repeat procedure with remaining dough and filling, placing cakes 2 inches apart on 2 parchment-lined baking sheets (12 cakes per sheet).
- ☐ Bake at 325 for 25 minutes, turning cakes over and rotating pans after 15 minutes.
- ☐ Remove cakes from pans, and cool completely on wire racks.
- ☐ Sprinkle with 1 tablespoon powdered sugar, if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.01, Glycemic Load:10.8, Inflammation Score:0, Nutrition Score:2.3017391406971%

## Nutrients (% of daily need)

Calories: 163.67kcal (8.18%), Fat: 6.31g (9.71%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 25.1g (9.13%), Sugar: 16.58g (18.43%), Cholesterol: 30.45mg (10.15%), Sodium: 54.9mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Selenium: 5.9µg (8.42%), Manganese: 0.1mg (4.84%), Vitamin A: 216.71IU (4.33%), Vitamin C: 2.66mg (3.23%), Vitamin B1: 0.05mg (3.23%), Copper: 0.06mg (2.75%), Phosphorus: 27.42mg (2.74%), Fiber: 0.66g (2.64%), Folate: 8.24µg (2.06%), Magnesium: 7.94mg (1.98%), Vitamin B2: 0.03mg (1.8%), Potassium: 60.58mg (1.73%), Calcium: 16.88mg (1.69%), Vitamin E: 0.25mg (1.68%), Vitamin B6: 0.03mg (1.64%), Vitamin D: 0.22µg (1.46%), Iron: 0.25mg (1.38%), Zinc: 0.21mg (1.38%), Vitamin B5: 0.12mg (1.15%), Vitamin B3: 0.22mg (1.12%)