



Pistachio, Lemon, and Vanilla Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 4 ounces natural pistachios shelled coarsely chopped
- ☐ 0.5 cup semolina flour
- ☐ 0.5 cup sugar
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)
- ☐ 1 teaspoon vanilla extract

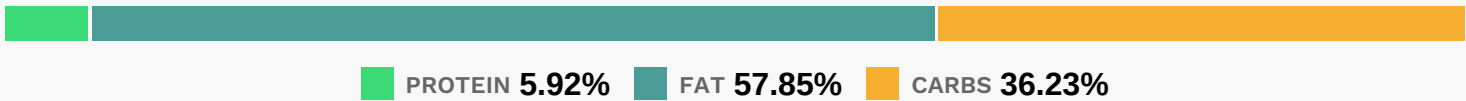
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F. Butter 13x9x2-inch metal baking pan.
- ☐ Combine all purpose flour, sugar, and semolina flour in processor; blend 5 seconds.
- ☐ Add butter, lemon peel, and vanilla. Using on/off turns, blend until coarse meal forms. Turn dough out into bowl.
- ☐ Add nuts and knead gently to combine. Press dough evenly over bottom of prepared pan. Using fork, pierce dough all over.
- ☐ Bake shortbread until pale brown in center and golden at edges, about 35 minutes. Cool in pan on rack 10 minutes.
- ☐ Cut lengthwise into 4 strips, then cut each strip crosswise into 6 squares. Cool completely in pan. (Can be made 1 day ahead. Cover tightly with foil; store at room temperature.)
- ☐ *Semolina flour, often labeled "pasta flour," is available at specialty foods stores, Italian markets, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:8.67, Inflammation Score:-3, Nutrition Score:3.2526086892771%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 151.99kcal (7.6%), Fat: 9.94g (15.3%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.16g (4.79%), Sugar: 4.57g (5.08%), Cholesterol: 20.34mg (6.78%), Sodium: 1.34mg (0.06%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 2.29g (4.58%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.13mg (8.76%), Manganese: 0.13mg (6.63%), Folate: 23.41µg (5.85%), Vitamin A: 256.03IU (5.12%), Vitamin B6: 0.09mg (4.4%), Vitamin B2: 0.07mg (4.14%), Copper: 0.08mg (4.07%), Iron: 0.71mg (3.92%), Phosphorus: 38.64mg (3.86%), Vitamin B3: 0.74mg (3.69%), Fiber: 0.85g (3.39%), Magnesium: 9.31mg (2.33%), Vitamin E: 0.34mg (2.28%), Potassium: 66.1mg (1.89%), Zinc: 0.2mg (1.37%)