



Rose Water Shortbread Cookies

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



59 kcal

DESSERT

Ingredients

- 1 large eggs
- 0.5 teaspoon ground cardamom
- 1 teaspoon poppy seeds
- 0.8 cup powdered sugar
- 1.5 cups rice flour white plus more for rolling
- 1 teaspoon rosewater
- 0.5 cup butter unsalted room temperature (1 stick)

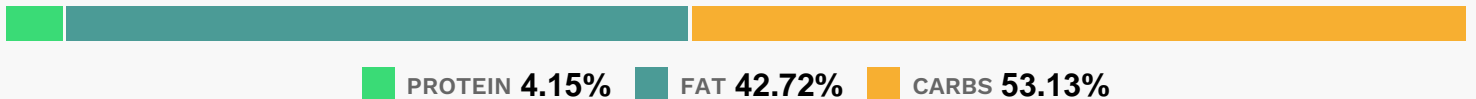
Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- hand mixer

Directions

- Whisk cardamom and 1 1/2 cups flour in a medium bowl and set aside. Using an electric mixer, beat sugar and butter in a medium bowl until smooth.
- Add egg and rose water and beat to blend.
- Reduce mixer to low speed; gradually mix in dry ingredients (dough will be stiff). Cover and chill at least 6 hours or overnight.
- Preheat oven to 300°. Scoop level tablespoonfuls of dough and, using lightly floured hands, roll into balls.
- Place on parchment-lined baking sheets, spacing about 1 1/2" apart. Using a fork or another utensil that can make a decorative pattern in dough, flatten balls to a 1/4" thickness. (Alternatively, flatten balls and make an indentation in the centers with your thumb.)
- Sprinkle cookies with poppy seeds.
- Bake cookies until firm but still pale, 20- 25 minutes.
- Transfer to wire racks; let cool.
- DO AHEAD: Cookies can be baked 5 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:3.52, Inflammation Score:-1, Nutrition Score:0.85434782739891%

Nutrients (% of daily need)

Calories: 59.24kcal (2.96%), Fat: 2.82g (4.34%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.71g (2.8%), Sugar: 2.46g (2.74%), Cholesterol: 11.95mg (3.98%), Sodium: 2.4mg (0.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Manganese: 0.09mg (4.7%), Selenium: 1.49µg (2.13%), Vitamin A: 86.29IU (1.73%), Vitamin B6: 0.03mg (1.59%), Phosphorus: 10.81mg (1.08%)