



Rosemary and Toasted-Caraway Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 1 large eggs beaten to blend
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoons kosher salt
- ☐ 0.3 cup powdered sugar
- ☐ 2 teaspoons rosemary leaves fresh whole finely chopped
- ☐ 18 servings sugar (for sprinkling)

☐ 1 cup butter unsalted chilled cut into 1/2" pieces (2 sticks)

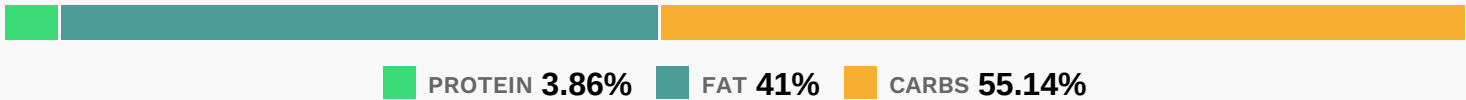
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Toast caraway seeds in a small dry skillet over medium-high heat, tossing occasionally, until fragrant, about 2 minutes. Coarsely chop; set aside.
- ☐ Using an electric mixer on medium-high speed, beat butter, granulated sugar, powdered sugar, and salt until very light and fluffy, 7–10 minutes (beating air into butter makes for tender shortbread). Reduce speed to low and add flour, caraway, and 2 teaspoons chopped rosemary; mix just to combine. Dough will look shaggy and a little dry (it's not!).
- ☐ Press dough into two 8"-diameter cake pans.
- ☐ Brush with egg, sprinkle with sanding sugar, and top with rosemary leaves.
- ☐ Bake until shortbread is golden brown and sides pull away from pan, 20–25 minutes.
- ☐ Transfer pan to a wire rack; let cool in pan before turning out and cutting into wedges or bars.
- ☐ MAKE AHEAD: Shortbread dough can be made 1 month ahead; wrap tightly and freeze. Shortbread can be baked 1 week ahead; store wrapped tightly at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:21.84, Inflammation Score:-3, Nutrition Score:3.244347791228%

Nutrients (% of daily need)

Calories: 232.05kcal (11.6%), Fat: 10.74g (16.52%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.97g (11.63%), Sugar: 19.22g (21.35%), Cholesterol: 37.45mg (12.48%), Sodium: 70.51mg (3.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Selenium: 6.99µg (9.99%), Vitamin B1:

0.14mg (9.23%), Folate: 33.48µg (8.37%), Vitamin A: 330.88IU (6.62%), Vitamin B2: 0.11mg (6.28%), Manganese: 0.12mg (6.11%), Vitamin B3: 1.04mg (5.18%), Iron: 0.89mg (4.92%), Phosphorus: 27.92mg (2.79%), Vitamin E: 0.33mg (2.23%), Fiber: 0.51g (2.05%), Vitamin D: 0.24µg (1.63%), Copper: 0.03mg (1.57%), Vitamin B5: 0.13mg (1.33%), Magnesium: 4.7mg (1.18%), Zinc: 0.18mg (1.18%)