



Rosemary Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



181 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.3 cup cornstarch
- 1.8 cups flour all-purpose
- 1 tablespoon rosemary fresh minced
- 0.8 cup powdered sugar sifted

Equipment

- baking sheet
- oven

- wire rack
- hand mixer

Directions

- Beat butter at medium speed of an electric mixer until creamy; gradually add powdered sugar and cornstarch, beating well. Stir in flour and rosemary. (Dough will be stiff.)
- Divide dough in half. Shape 1 portion of dough into a 6 1/2" circle on an ungreased cookie sheet. Crimp edges with a fork.
- Cut dough into 8 wedges (do not separate). Repeat procedure with remaining dough. Cover and chill 1 hour.
- Bake at 300 for 30 minutes or until done. Cool on cookie sheet 5 minutes.
- Remove shortbread wedges to a wire rack, and cool completely.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:7.55, Inflammation Score:-3, Nutrition Score:2.4613043496628%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 181.15kcal (9.06%), Fat: 11.65g (17.92%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.5g (6.36%), Sugar: 5.55g (6.16%), Cholesterol: 30.5mg (10.17%), Sodium: 91.82mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin B1: 0.11mg (7.21%), Vitamin A: 358.2IU (7.16%), Selenium: 4.87µg (6.95%), Folate: 25.58µg (6.4%), Manganese: 0.1mg (4.79%), Vitamin B2: 0.07mg (4.33%), Vitamin B3: 0.81mg (4.07%), Iron: 0.66mg (3.66%), Vitamin E: 0.34mg (2.25%), Phosphorus: 18.51mg (1.85%), Fiber: 0.4g (1.62%), Copper: 0.02mg (1.07%)