



Rum-Currant Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 0.5 cup currants
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup rum light
- ☐ 0.5 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt

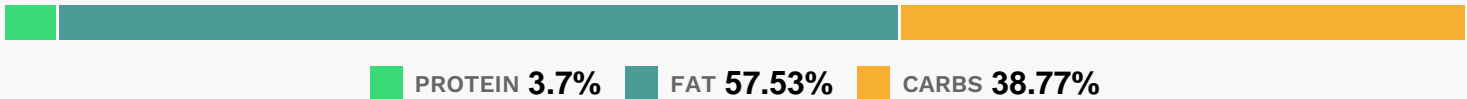
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Bring currants and rum to a boil in a saucepan.
- ☐ Remove from heat; cover and let stand 30 minutes.
- ☐ Drain currants, discarding rum.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Combine flour, baking powder, and salt; gradually add to butter mixture, beating at low speed until blended after each addition. Stir in currants. Chill 30 minutes.
- ☐ Roll dough to 1/4-inch thickness on a floured surface.
- ☐ Cut with a 2-inch round cutter; place 2 inches apart on greased baking sheets.
- ☐ Bake at 375 for 12 minutes or until edges just begin to brown; cool on baking sheets on wire racks 5 minutes.
- ☐ Remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:5.59, Inflammation Score:-2, Nutrition Score:1.8639130443335%

Nutrients (% of daily need)

Calories: 125.22kcal (6.26%), Fat: 7.77g (11.95%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.4g (4.15%), Sugar: 4.34g (4.83%), Cholesterol: 20.34mg (6.78%), Sodium: 91mg (3.96%), Alcohol: 0.83g (100%), Alcohol %: 3.97% (100%), Protein: 1.12g (2.25%), Vitamin B1: 0.08mg (5.13%), Vitamin A: 238.55IU (4.77%), Selenium: 3.22µg (4.6%), Folate: 17.26µg (4.32%), Manganese: 0.08mg (3.84%), Vitamin B2: 0.05mg (3.12%), Vitamin B3: 0.59mg (2.96%), Iron: 0.49mg (2.71%), Phosphorus: 16.1mg (1.61%), Vitamin E: 0.23mg (1.52%), Fiber: 0.38g (1.51%), Copper: 0.02mg (1.14%), Potassium: 35.45mg (1.01%)