



Sage-Scented Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon coarse kosher salt
- ☐ 2 tablespoons sage leaves dried fresh thinly sliced
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup butter unsalted cut into 1/2-inch-thick pieces, room temperature (2 sticks)

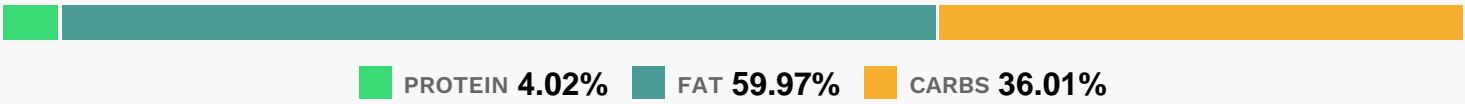
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Blend first 4 ingredients in processor.
- ☐ Add butter; using on/off turns, process until dough comes together. Divide in half. Shape each dough piece into log about 1 1/2 inches in diameter. Chill until firm enough to slice, about 30 minutes.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 350°F. Line 2 baking sheets with parchment.
- ☐ Cut each dough log into 1/3- to 1/2-inch-thick rounds; place on sheets.
- ☐ Bake 10 minutes. Reverse sheets so bottom sheet is on top rack of oven and top sheet is on bottom rack.
- ☐ Bake until cookies are golden, about 15 minutes longer. Cool on racks.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:3.9747826657865%

Nutrients (% of daily need)

Calories: 87.14kcal (4.36%), Fat: 5.85g (9%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.66g (2.79%), Sugar: 1.86g (2.07%), Cholesterol: 15.25mg (5.08%), Sodium: 73.66mg (3.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Copper: 1.15mg (57.47%), Manganese: 0.09mg (4.56%), Vitamin B1: 0.06mg (4.19%), Selenium: 2.73µg (3.9%), Folate: 14.51µg (3.63%), Vitamin A: 177.27IU (3.55%), Vitamin B2: 0.04mg (2.46%), Vitamin B3: 0.46mg (2.32%), Iron: 0.41mg (2.26%), Vitamin E: 0.17mg (1.13%), Phosphorus: 10.28mg (1.03%)