



## Salted Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

DESSERT

### Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar plus more for sprinkling
- ☐ 1 butter unsalted softened

### Equipment

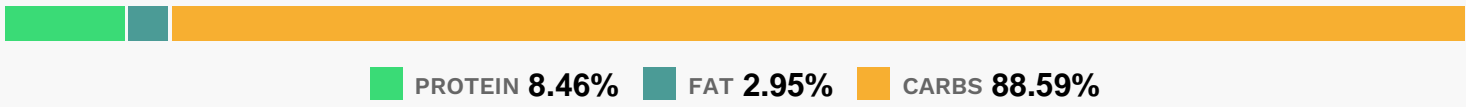
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ knife
- ☐ serrated knife

## Directions

- ☐ Preheat the oven to 32
- ☐ Line a large rimmed baking sheet with parchment paper. In a large bowl, combine the flour with the salt and the 1/4 cup of sugar. Using your fingers, rub in the butter until the mixture is the texture of sand. Gently knead the dough just until it comes together.
- ☐ Transfer the dough to the baking sheet and press it into a 7-inch round, 1/3 inch thick. Prick the round all over with a fork and lightly sprinkle the top with sugar. Using the blunt side of a large knife, score the round into 8 wedges.
- ☐ Bake for 30 minutes, until golden brown and just cooked through. While the shortbread is still warm, cut through the score marks with a serrated knife to separate it into wedges.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:15.15, Inflammation Score:-1, Nutrition Score:2.6991304538982%

## Nutrients (% of daily need)

Calories: 96.05kcal (4.8%), Fat: 0.31g (0.48%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 20.6g (7.49%), Sugar: 6.29g (6.99%), Cholesterol: 0.27mg (0.09%), Sodium: 291.15mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin B1: 0.15mg (10.22%), Selenium: 6.66µg (9.52%), Folate: 35.75µg (8.94%), Manganese: 0.13mg (6.71%), Vitamin B3: 1.15mg (5.77%), Vitamin B2: 0.1mg (5.75%), Iron: 0.91mg (5.07%), Phosphorus: 21.12mg (2.11%), Fiber: 0.53g (2.11%), Copper: 0.03mg (1.44%), Magnesium: 4.31mg (1.08%)