



Savory Parmesan Shortbread Rounds

READY IN



45 min.

SERVINGS



24

CALORIES



114 kcal

Ingredients

- 1.8 cups all purpose flour
- 1 pinch cayenne pepper
- 1 teaspoon coarse kosher salt
- 0.5 small garlic clove minced
- 0.8 cup parmesan cheese grated ()
- 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)

Equipment

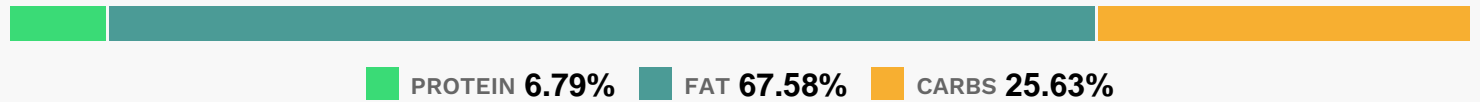
- baking sheet
- baking paper

oven

Directions

- Preheat oven to 350°F. Line baking sheet with parchment paper.
- Mix flour, 3/4 cup Parmesan cheese, salt, garlic, and cayenne pepper in processor.
- Add butter and, using on/off turns, process until dough begins to come together. Gather dough into ball. Divide dough in half.
- Roll each half into 12-inch log, and cut each log into 1-inch pieces.
- Roll each piece into ball. Arrange dough balls on prepared baking sheet, spacing about 1 1/2 inches apart. Press each ball into 2-inch-diameter round.
- Sprinkle remaining 2 tablespoons Parmesan cheese over.
- Bake shortbread rounds until tops are dry and bottoms are golden brown, about 20 minutes.
- Transfer shortbread rounds to rack and cool completely. DO AHEAD: Shortbread rounds can be made 1 week ahead. Store rounds in airtight container at room temperature, or freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:5.04, Inflammation Score:-2, Nutrition Score:2.123043489116%

Nutrients (% of daily need)

Calories: 114.26kcal (5.71%), Fat: 8.64g (13.29%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.12g (2.59%), Sugar: 0.03g (0.04%), Cholesterol: 23.05mg (7.68%), Sodium: 152.82mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Selenium: 4.29µg (6.13%), Vitamin A: 265.13IU (5.3%), Vitamin B1: 0.07mg (4.87%), Folate: 17.16µg (4.29%), Vitamin B2: 0.06mg (3.48%), Manganese: 0.07mg (3.33%), Phosphorus: 32.03mg (3.2%), Calcium: 31.44mg (3.14%), Vitamin B3: 0.55mg (2.73%), Iron: 0.44mg (2.45%), Vitamin E: 0.24mg (1.61%), Zinc: 0.21mg (1.39%), Vitamin D: 0.16µg (1.05%)