



Scarborough Fair Shortbread

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1 egg white lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons flat-leaf parsley fresh finely chopped
- ☐ 16 small parsley leaves fresh
- ☐ 16 rosemary leaves fresh
- ☐ 0.5 teaspoon sage fresh finely chopped
- ☐ 0.3 cup superfine granulated sugar
- ☐ 16 small very sage leaves fresh ()

- ☐ 0.1 teaspoon salt
- ☐ 16 sprigs thyme leaves fresh (1-inch)
- ☐ 0.5 cup butter unsalted softened

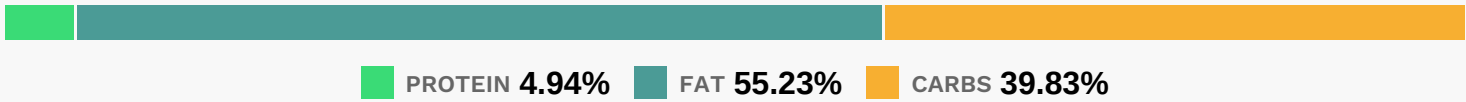
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Stir together flour, 1/4 cup sugar, salt, and chopped herbs in a bowl, then add butter and stir with a fork until mixture forms a dough. Divide dough in half and pat each half into a 6 1/2- to 7-inch round on an ungreased baking sheet. Crimp edges of rounds and cut each into 8 wedges with a sharp knife. Lightly brush with egg white and arrange 1 leaf of each herb on each wedge.
- ☐ Brush herbs lightly with egg white and sprinkle with remaining 1/2 tablespoon sugar. Prick each wedge once with a fork.
- ☐ Bake until golden, 15 to 17 minutes. Recut wedges while shortbread is hot, then cool completely on sheet on a rack.
- ☐ Shortbread keeps in an airtight container up to 5 days.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:6.55, Inflammation Score:-8, Nutrition Score:3.5652173854735%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 95.14kcal (4.76%), Fat: 5.93g (9.13%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 9.09g (3.31%), Sugar: 3.17g (3.52%), Cholesterol: 15.25mg (5.08%), Sodium: 23.17mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Copper: 0.34mg (16.78%), Vitamin K: 17.13µg (16.31%), Vitamin A: 339.32IU (6.79%), Manganese: 0.09mg (4.63%), Selenium: 3.11µg (4.45%), Folate: 17.66µg (4.42%), Vitamin B1: 0.06mg (4.25%), Vitamin C: 3.17mg (3.84%), Iron: 0.68mg (3.79%), Vitamin B2: 0.06mg (3.36%), Vitamin B3: 0.51mg (2.53%), Fiber: 0.53g (2.13%), Magnesium: 5.26mg (1.31%), Phosphorus: 12.77mg (1.28%), Calcium: 12.34mg (1.23%), Vitamin E: 0.18mg (1.18%)