



Scotch Shortbread II

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



122 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 cup butter
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup caster sugar fine

Equipment

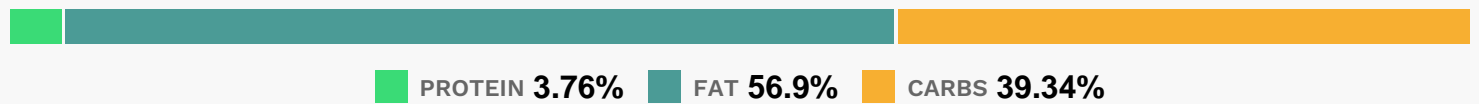
- bowl
- baking sheet

oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Sift together the flour, salt and baking powder. In a large bowl, beat the butter and sugar together until light and fluffy.
- Add the sifted dry ingredients and mix to combine. Chill until dough is easy to handle, about 10 minutes.
- On a lightly floured surface roll dough out to 1/4 inch thick.
- Cut into desired shapes and place on ungreased baking sheets.
- Bake at 325 degrees F (165 degrees C) for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:1.8117391266253%

Nutrients (% of daily need)

Calories: 121.8kcal (6.09%), Fat: 7.79g (11.98%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.83g (4.3%), Sugar: 4.19g (4.66%), Cholesterol: 20.34mg (6.78%), Sodium: 89.71mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin B1: 0.08mg (5.48%), Selenium: 3.65µg (5.22%), Folate: 19.35µg (4.84%), Vitamin A: 236.36IU (4.73%), Manganese: 0.07mg (3.56%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.62mg (3.09%), Iron: 0.49mg (2.73%), Vitamin E: 0.23mg (1.5%), Phosphorus: 14.43mg (1.44%), Fiber: 0.28g (1.13%)