



Scottish Sharp-Cheddar Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



73 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pinch ground pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter unsalted at room temperature (1 stick)
- ☐ 8 ounces cheddar cheese shredded white extra-sharp finely

Equipment

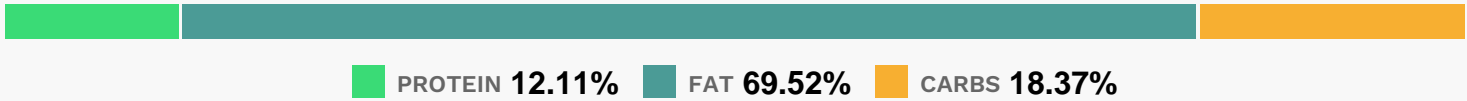
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Using electric mixer fitted with whisk attachment, beat together butter, salt, black pepper, and cayenne at low speed just until blended.
- ☐ Add Cheddar and flour and mix at low speed just until smooth (do not overmix). Shape dough into disk, wrap in plastic wrap or waxed paper, and chill 30 minutes.
- ☐ Arrange racks in upper and lower thirds of oven and preheat to 350°F. Line 2 large baking sheets with parchment paper.
- ☐ On lightly floured surface, roll out dough to 1/4- to 1/8-inch-thick round. Using 1 1/2- to 2-inch round cutter, cut out rounds and arrange 1 1/2 inches apart on baking sheets. Reroll scraps if desired (rerolled scraps will be tougher).
- ☐ Bake shortbread until lightly golden and beginning to brown on edges, about 13 to 15 minutes. Cool on sheets 5 minutes, then transfer to racks to cool completely.
- ☐ •Look for a sharp, white Cheddar that is on the dry side, such as English Wensleydale Farmhouse Truckle or Extra Old Black Diamond Cheddar. •It's important not to whip air into the dough — simply mix until blended.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.6782608913339%

Nutrients (% of daily need)

Calories: 73.19kcal (3.66%), Fat: 5.68g (8.74%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.04g (0.04%), Cholesterol: 15.69mg (5.23%), Sodium: 88.7mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Calcium: 55.08mg (5.51%), Selenium: 3.59µg (5.13%), Phosphorus: 40.07mg (4.01%), Vitamin A: 171.77IU (3.44%), Vitamin B2: 0.06mg (3.25%), Vitamin B1: 0.04mg (2.34%), Folate: 9.33µg (2.33%), Zinc: 0.31mg (2.07%), Manganese: 0.03mg (1.58%), Vitamin B12: 0.09µg

(1.44%), Vitamin B3: 0.25mg (1.26%), Iron: 0.21mg (1.16%)