

Scottish Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



128 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 2 cups butter
- 4.5 cups flour all-purpose

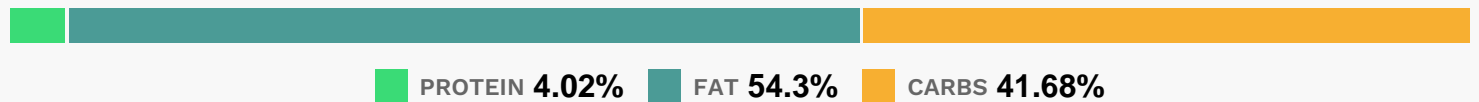
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Cream butter and brown sugar.
- Add 3 to 3 3/4 cups flour.
- Mix well.
- Sprinkle board with the remaining flour. Knead for 5 minutes, adding enough flour to make a soft dough.
- Roll to 1/2 inch thickness.
- Cut into 3x1 inch strips. Prick with fork and place on ungreased baking sheets.
- Bake at 325 degrees F (165 degrees C) for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:2.0286956364694%

Nutrients (% of daily need)

Calories: 127.89kcal (6.39%), Fat: 7.79g (11.98%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13.13g (4.77%), Sugar: 4.48g (4.98%), Cholesterol: 20.34mg (6.78%), Sodium: 62.33mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin B1: 0.09mg (6.16%), Selenium: 4.12µg (5.89%), Folate: 21.77µg (5.44%), Vitamin A: 236.36IU (4.73%), Manganese: 0.08mg (4.14%), Vitamin B2: 0.06mg (3.59%), Vitamin B3: 0.7mg (3.5%), Iron: 0.58mg (3.21%), Phosphorus: 15.11mg (1.51%), Vitamin E: 0.23mg (1.51%), Fiber: 0.32g (1.27%)