



Scottish Shortbread I

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



115 kcal

DESSERT

Ingredients

- 1 cup butter
- 0.5 cup powdered sugar
- 2 cups flour all-purpose
- 0.3 teaspoon salt

Equipment

- baking sheet
- oven
- mixing bowl

cookie cutter

rolling pin

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large mixing bowl, cream the butter and the sugar. Slowly add the flour and salt, mixing well.

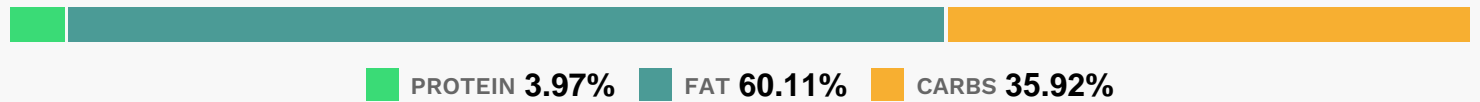
Roll out dough with a rolling pin until it is 1/4 inch thick.

Cut into desired shapes using cookie cutters.

Place on cookie sheet and prick with a fork.

Bake for 5 to 8 minutes, or until light brown at the edges.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:1.7934782589259%

Nutrients (% of daily need)

Calories: 115.46kcal (5.77%), Fat: 7.77g (11.96%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 10.17g (3.7%), Sugar: 2.48g (2.75%), Cholesterol: 20.34mg (6.78%), Sodium: 85.3mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin B1: 0.08mg (5.48%), Selenium: 3.64µg (5.2%), Folate: 19.35µg (4.84%), Vitamin A: 236.36IU (4.73%), Manganese: 0.07mg (3.56%), Vitamin B2: 0.06mg (3.24%), Vitamin B3: 0.62mg (3.09%), Iron: 0.49mg (2.71%), Vitamin E: 0.23mg (1.5%), Phosphorus: 13.52mg (1.35%), Fiber: 0.28g (1.13%)