



## Scottish Shortbread II

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



90 kcal

DESSERT

### Ingredients

- 0.8 cup butter
- 1.5 cups flour all-purpose
- 0.3 cup sugar white

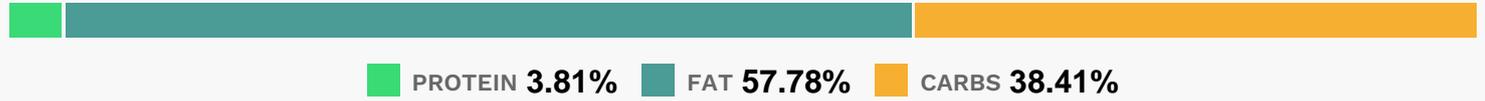
### Equipment

- oven

### Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Blend all ingredients well. Dough will be stiff.
- Press into a 9 x 9 inch buttered dish. Prick top with a fork.
- Bake until pale golden brown on the edges. Cool and cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:6.25, Inflammation Score:-1, Nutrition Score:1.3465217500925%

## Nutrients (% of daily need)

Calories: 89.99kcal (4.5%), Fat: 5.84g (8.98%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.52g (3.1%), Sugar: 2.8g (3.11%), Cholesterol: 15.25mg (5.08%), Sodium: 45.8mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin B1: 0.06mg (4.11%), Selenium: 2.74µg (3.91%), Folate: 14.51µg (3.63%), Vitamin A: 177.27IU (3.55%), Manganese: 0.05mg (2.67%), Vitamin B2: 0.04mg (2.44%), Vitamin B3: 0.46mg (2.32%), Iron: 0.37mg (2.03%), Vitamin E: 0.17mg (1.13%), Phosphorus: 10.14mg (1.01%)