

Scottish Shortbread III

 Vegetarian

READY IN



75 min.

SERVINGS



72

CALORIES



87 kcal

DESSERT

Ingredients

- 5 cups flour all-purpose
- 1 pound butter unsalted
- 1 cup sugar white

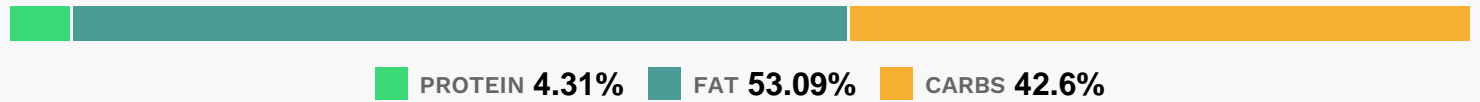
Equipment

- frying pan
- oven
- blender
- wooden spoon

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Cream butter and sugar with mixer.
- Add flour and mix with a wooden spoon. Use hands to thoroughly mix.
- Press into a jelly roll pan. Prick to bottom all over with a fork being sure the fork hits the bottom and the pricks are close together.
- Bake for 10 minutes. Reduce the heat to 300 and continue to bake for 40 minutes more. Wait 2 minutes then cut into finger size bars. Cool thoroughly in pan.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:6.73, Inflammation Score:-1, Nutrition Score:1.4656521826982%

Nutrients (% of daily need)

Calories: 87.46kcal (4.37%), Fat: 5.2g (8.01%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 9.16g (3.33%), Sugar: 2.8g (3.11%), Cholesterol: 13.54mg (4.51%), Sodium: 0.89mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin B1: 0.07mg (4.56%), Selenium: 3.02µg (4.32%), Folate: 16.07µg (4.02%), Vitamin A: 157.43IU (3.15%), Manganese: 0.06mg (2.98%), Vitamin B2: 0.05mg (2.68%), Vitamin B3: 0.52mg (2.58%), Iron: 0.41mg (2.25%), Phosphorus: 10.89mg (1.09%), Vitamin E: 0.15mg (1.01%)