



Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 5 tablespoons butter softened
- ☐ 2 tablespoons milk fat-free
- ☐ 4.5 ounces flour all-purpose
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

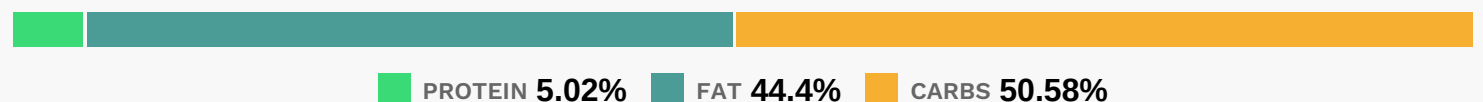
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Lightly spoon the flour into a measuring cup, and level with a knife.
- ☐ Combine flour, sugar, and salt in a bowl, stirring with a whisk.
- ☐ Place butter in a medium bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add flour mixture, beating at low speed.
- ☐ Add milk and vanilla; beat until blended. Pat the dough into a 4-inch circle; wrap in plastic wrap, and chill 30 minutes.
- ☐ Preheat oven to 35
- ☐ Unwrap and place dough on plastic wrap. Cover dough with an additional sheet of plastic wrap.
- ☐ Roll dough, still covered, into an 8-inch circle.
- ☐ Place dough on a baking sheet coated with cooking spray.
- ☐ Cut dough into 16 wedges, cutting into, but not through, dough. Pierce dough several times with a fork.
- ☐ Bake at 350 for 20 minutes or until lightly browned. Cool on pan 5 minutes.
- ☐ Cut into wedges. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:6.62, Inflammation Score:-1, Nutrition Score:1.333478268074%

Nutrients (% of daily need)

Calories: 73.78kcal (3.69%), Fat: 3.64g (5.6%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 9.11g (3.31%), Sugar: 3.27g (3.63%), Cholesterol: 9.46mg (3.15%), Sodium: 31.54mg (1.37%), Alcohol: 0.09g (100%), Alcohol %: 0.62% (100%), Protein: 0.93g (1.85%), Vitamin B1: 0.06mg (4.26%), Selenium: 2.8µg (4%), Folate: 14.76µg (3.69%), Manganese: 0.06mg (2.76%), Vitamin B2: 0.04mg (2.6%), Vitamin B3: 0.48mg (2.38%), Vitamin A: 113.16IU (2.26%), Iron: 0.37mg (2.07%), Phosphorus: 11.68mg (1.17%)