

Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened (1 stick)
- ☐ 0.3 cup cornstarch
- ☐ 0.8 cup flour
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 6 servings sugar green
- ☐ 0.5 teaspoon vanilla

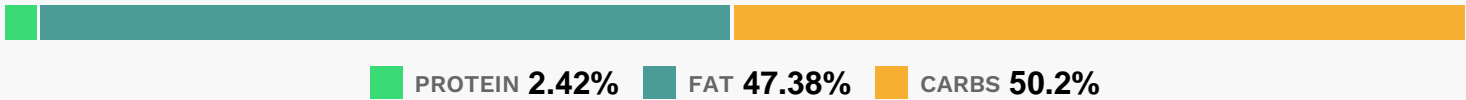
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat the oven to 325°F and lightly grease an 8-inch round cake tin.
- ☐ Put the butter in a medium bowl and use a hand mixer to beat until smooth.
- ☐ Add the remaining ingredients and mix to combine. Press into the bottom of the prepared pan, smoothing the surface with your fingertips, and chill for 10 minutes in the refrigerator.
- ☐ Sprinkle generously with the green sugar and bake for 15 minutes, until just turning golden brown. While still warm, cut into 16 wedges with the tip of a paring knife.
- ☐ Let cool completely before removing from pan.
- ☐ Raising the Lid on Self-Rising Flour
- ☐ The Irish often use self-rising flour for baking, although it's much less common in the US. If you're following a recipe from an Irish book or site that calls for self-rising flour, many American substitution charts will tell you to substitute 1 cup all-purpose flour plus 1 teaspoon baking powder. Do not do this! It's far too much baking powder and you'll end up with a cake or biscuits that taste like salty aluminum. A far better proportion is 1 teaspoon baking powder for every 2 cups of all-purpose flour.
- ☐ From Real Irish Food by David Bowers, (C) © 2012 Skyhorse Publishing

Nutrition Facts



Properties

Glycemic Index:44.2, Glycemic Load:22.83, Inflammation Score:-3, Nutrition Score:2.9391304228617%

Nutrients (% of daily need)

Calories: 292.07kcal (14.6%), Fat: 15.56g (23.94%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 36.63g (13.32%), Sugar: 20.39g (22.65%), Cholesterol: 40.67mg (13.56%), Sodium: 129.12mg (5.61%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 1.79g (3.58%), Vitamin A: 472.73IU (9.45%), Vitamin B1: 0.12mg (8.24%), Selenium: 5.76µg (8.22%), Folate: 29.16µg (7.29%), Manganese: 0.11mg (5.55%), Vitamin B2: 0.09mg (5.16%), Vitamin B3: 0.93mg (4.66%), Iron: 0.76mg (4.25%), Vitamin E: 0.45mg (2.99%), Phosphorus: 22.13mg (2.21%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.34%), Vitamin K: 1.37µg (1.31%)