

# Shortbread

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



237 kcal

DESSERT

## Ingredients

- 1 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.5 cup nuts toasted chopped
- 0.1 teaspoon salt
- 0.5 cup butter unsalted softened
- 0.5 teaspoon vanilla

## Equipment

- bowl

- baking sheet
- oven
- knife
- spatula

## Directions

- Preheat oven to 375°F.
- Blend together butter, sugar, vanilla, and salt in a bowl with a fork until combined well. Sift flour into butter mixture and blend with fork until mixture forms a soft dough.
- Transfer dough to an ungreased large baking sheet and pat into a 9- by 4 1/2-inch rectangle. Crimp edges decoratively and prick dough all over with tines of a fork. Score dough crosswise with the back of a knife into 8 sections. If desired, sprinkle with chopped toasted nuts and press gently into dough with your fingertips.
- Bake shortbread in middle of oven until edges are golden, about 15 minutes.
- Cool shortbread on baking sheet on a rack 10 minutes, then cut into slices (while still warm) with a sharp knife.
- Transfer slices with a spatula to rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:21.84, Glycemic Load:13.43, Inflammation Score:-4, Nutrition Score:4.5473913087145%

## Nutrients (% of daily need)

Calories: 236.84kcal (11.84%), Fat: 16.31g (25.09%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.24g (7%), Sugar: 6.32g (7.02%), Cholesterol: 30.5mg (10.17%), Sodium: 39.37mg (1.71%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 3.29g (6.58%), Manganese: 0.28mg (14.12%), Vitamin B1: 0.14mg (9.43%), Folate: 33.52µg (8.38%), Selenium: 5.48µg (7.82%), Vitamin A: 355.9IU (7.12%), Copper: 0.14mg (7.03%), Vitamin B3: 1.35mg (6.76%), Magnesium: 24mg (6%), Vitamin B2: 0.1mg (5.97%), Phosphorus: 59.44mg (5.94%), Iron: 1.06mg (5.91%), Fiber: 1.23g (4.93%), Zinc: 0.47mg (3.1%), Vitamin E: 0.34mg (2.26%), Potassium: 74.36mg (2.12%), Vitamin B5: 0.19mg (1.93%), Vitamin B6: 0.03mg (1.7%), Vitamin D: 0.21µg (1.42%), Calcium: 12.16mg (1.22%)