



Shortbread Cookie Hearts

 Vegetarian

READY IN



40 min.

SERVINGS



1

CALORIES



3250 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 serving sparkling sugar white
- ☐ 2 teaspoons vanilla extract

☐ 1 tablespoon water

Equipment

☐ baking sheet

☐ baking paper

☐ oven

☐ whisk

☐ plastic wrap

☐ hand mixer

☐ cookie cutter

Directions

☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add 2/3 cup sugar, beating well.

☐ Add egg yolk and vanilla extract; beat 1 minute.

☐ Combine flour and salt; gradually add to butter mixture, beating at low speed just until blended. Beat at medium speed 2 minutes.

☐ Divide dough into 3 portions; wrap individually in plastic wrap, and chill 8 hours.

☐ Line 3 baking sheets with parchment paper.

☐ Sprinkle each lightly with flour.

☐ Unwrap 1 dough portion, and roll on a lightly floured surface to 1/4-inch thickness.

☐ Cut into heart shapes, using a 2-inch cookie cutter.

☐ Place on prepared baking sheet.

☐ Whisk together egg and 1 tablespoon water; brush over cookies.

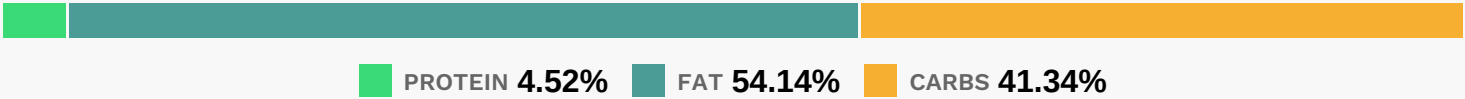
☐ Sprinkle with sparkling sugar. Repeat procedure with remaining dough, rerolling scraps, if desired.

☐ Bake at 350 for 8 to 10 minutes or until lightly browned; cool on baking sheet 10 minutes.

☐ Transfer to wire racks to cool completely. Freeze up to 3 weeks, if desired.

☐ Serve with your favorite ice cream or sherbet, if desired.

Nutrition Facts



Properties

Glycemic Index:265.18, Glycemic Load:239.54, Inflammation Score:-10, Nutrition Score:44.638695965643%

Nutrients (% of daily need)

Calories: 3249.62kcal (162.48%), Fat: 196.54g (302.37%), Saturated Fat: 120.35g (752.19%), Carbohydrates: 337.68g (112.56%), Net Carbohydrates: 330.93g (120.34%), Sugar: 147.15g (163.5%), Cholesterol: 868.45mg (289.48%), Sodium: 1837.86mg (79.91%), Alcohol: 2.75g (100%), Alcohol %: 0.49% (100%), Protein: 36.92g (73.84%), Selenium: 113.32µg (161.89%), Vitamin B1: 2.03mg (135.09%), Folate: 514.09µg (128.52%), Vitamin A: 6202.29IU (124.05%), Vitamin B2: 1.67mg (98.29%), Manganese: 1.75mg (87.69%), Vitamin B3: 14.93mg (74.66%), Iron: 13.1mg (72.76%), Phosphorus: 494.16mg (49.42%), Vitamin E: 6.41mg (42.71%), Fiber: 6.75g (27%), Vitamin B5: 2.65mg (26.52%), Copper: 0.43mg (21.42%), Zinc: 3.04mg (20.26%), Vitamin B12: 1.18µg (19.7%), Magnesium: 67.56mg (16.89%), Vitamin K: 16.92µg (16.11%), Calcium: 146.16mg (14.62%), Vitamin B6: 0.27mg (13.34%), Vitamin D: 1.97µg (13.15%), Potassium: 425.41mg (12.15%)