

# Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



232 kcal

DESSERT

## Ingredients

- 2 cups flour all-purpose
- 0.8 teaspoon salt
- 8 ounces butter unsalted room temperature (2 sticks)
- 0.5 cup powdered sugar
- 1 teaspoon vanilla extract pure

## Equipment

- bowl
- baking sheet

- oven
- wire rack
- blender
- cookie cutter

## Directions

- Line 2 rimmed baking sheets with parchment. Wisk together flour and salt. In the bowl of a mixer fitted with the paddle attachment, beat butter until fluffy, 3 to 5 minutes.
- Add sugar, and continue to beat until pale and fluffy, occasionally scraping down the sides of bowl, about 2 minutes more. Beat in vanilla.
- Add flour mixture, and mix on low speed, scraping sides if necessary, until flour is just incorporated and dough sticks together when squeezed with fingers.
- Turn out dough, forming into 2 disks; wrap each in plastic. Refrigerate until firm, at least 1 hour.
- Preheat oven to 325 degrees.
- Roll out 1 disk to a 1/4-inch thickness.
- Cut out shapes using desired cookie cutter, and transfer to prepared baking sheets. Reroll scraps. Repeat with remaining disk. Indent cookies with desired stamps. Refrigerate until firm, at least 30 minutes.
- Bake until firm and golden, 13 to 15 minutes.
- Let cool completely on a wire rack.

## Nutrition Facts

■ PROTEIN **3.97%** ■ FAT **60.05%** ■ CARBS **35.98%**

## Properties

Glycemic Index:6.25, Glycemic Load:11.5, Inflammation Score:0, Nutrition Score:3.6847826112872%

## Nutrients (% of daily need)

Calories: 231.75kcal (11.59%), Fat: 15.53g (23.9%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 20.38g (7.41%), Sugar: 5g (5.56%), Cholesterol: 40.63mg (13.54%), Sodium: 147.97mg (6.43%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Protein: 2.31g (4.63%), Vitamin B1: 0.16mg (10.97%), Selenium: 7.28µg (10.4%), Folate: 38.69µg (9.67%), Vitamin A: 472.3IU (9.45%), Manganese: 0.14mg (7.21%), Vitamin B2: 0.11mg

(6.51%), Vitamin B3: 1.24mg (6.2%), Iron: 0.98mg (5.42%), Vitamin E: 0.45mg (3.01%), Phosphorus: 27.06mg (2.71%), Fiber: 0.56g (2.25%), Vitamin D: 0.28µg (1.89%), Copper: 0.03mg (1.69%), Vitamin K: 1.39µg (1.32%), Magnesium: 5.01mg (1.25%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.16mg (1.09%)