



## Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



346 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 cups butter softened
- 4 cups flour all-purpose
- 1 cup powdered sugar
- 0.3 teaspoon salt

### Equipment

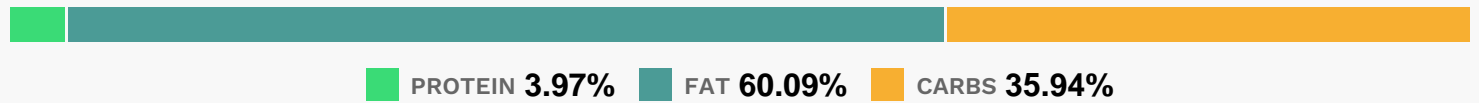
- baking sheet
- baking paper

- oven
- hand mixer

## Directions

- Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- Combine flour, baking powder, and salt; add to butter mixture, beating at low speed until blended.
- Turn dough out onto a lightly floured surface; roll to 1/8-inch thickness.
- Cut with a floured 3-inch round cutter, and place 1 inch apart on parchment paper-lined baking sheets.
- Bake at 300 for 20 minutes or until edges are lightly browned; remove to wire racks to cool.
- Chocolate Shortbread Cookies: Reduce flour to 3 1/3 cups.
- Add 2/3 cup cocoa to flour mixture, and proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:13.56, Glycemic Load:17.29, Inflammation Score:-5, Nutrition Score:5.4286956968515%

## Nutrients (% of daily need)

Calories: 346.44kcal (17.32%), Fat: 23.32g (35.87%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 30.54g (11.11%), Sugar: 7.44g (8.26%), Cholesterol: 61.01mg (20.34%), Sodium: 232.81mg (10.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin B1: 0.25mg (16.45%), Selenium: 10.92µg (15.6%), Folate: 58.04µg (14.51%), Vitamin A: 709.09IU (14.18%), Manganese: 0.21mg (10.68%), Vitamin B2: 0.17mg (9.73%), Vitamin B3: 1.86mg (9.28%), Iron: 1.47mg (8.19%), Vitamin E: 0.68mg (4.51%), Phosphorus: 43.3mg (4.33%), Fiber: 0.84g (3.38%), Copper: 0.05mg (2.28%), Vitamin K: 2.08µg (1.98%), Calcium: 18.94mg (1.89%), Magnesium: 7.48mg (1.87%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.25mg (1.63%), Potassium: 40.43mg (1.16%)