



Shortbread Cookies

READY IN



75 min.

SERVINGS



20

CALORIES



290 kcal

DESSERT

Ingredients

- 3.5 cups flour all-purpose
- 0.3 teaspoon salt
- 6 ounces very semisweet chocolate good finely chopped
- 1 cup sugar for sprinkling
- 0.8 pound butter unsalted at room temperature
- 1 teaspoon vanilla extract pure

Equipment

- bowl

- baking sheet
- baking paper
- oven
- hand mixer
- wooden spoon
- microwave
- kitchen timer

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In the bowl of an electric mixer fitted with a paddle attachment, mix together the butter and 1 cup of sugar until they are just combined.
- Add the vanilla. In a medium bowl, sift together the flour and salt, then add them to the butter-and-sugar mixture.
- Mix on low speed until the dough starts to come together. Dump onto a surface dusted with flour and shape into a flat disk. Wrap in plastic and chill for 30 minutes.
- Roll the dough 1/2-inch thick and cut with a 3 by 1-inch finger-shaped cutter.
- Place the cookies on an ungreased baking sheet and sprinkle with sugar.
- Bake for 20 to 25 minutes, until the edges begin to brown. Allow to cool to room temperature.
- When the cookies are cool, place them on a baking sheet lined with parchment paper. Put 3 ounces of the chocolate in a glass bowl and microwave on high power for 30 seconds. (Don't trust your microwave timer; time it with your watch.) Stir with a wooden spoon. Continue to heat and stir in 30-second increments until the chocolate is just melted.
- Add the remaining chocolate and allow it to sit at room temperature, stirring often, until it's completely smooth. Stir vigorously until the chocolate is smooth and slightly cooled; stirring makes it glossier.
- Drizzle 1/2 of each cookie with just enough chocolate to coat it.

Nutrition Facts



■ PROTEIN 4.01% ■ FAT 53.33% ■ CARBS 42.66%

Properties

Glycemic Index:7.25, Glycemic Load:19.06, Inflammation Score:-4, Nutrition Score:5.0295651995617%

Nutrients (% of daily need)

Calories: 289.9kcal (14.5%), Fat: 17.3g (26.62%), Saturated Fat: 10.65g (66.53%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 29.88g (10.86%), Sugar: 13.2g (14.66%), Cholesterol: 37.08mg (12.36%), Sodium: 32.35mg (1.41%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Caffeine: 7.31mg (2.44%), Protein: 2.92g (5.85%), Manganese: 0.26mg (13.17%), Selenium: 8.36µg (11.94%), Vitamin B1: 0.18mg (11.69%), Folate: 40.54µg (10.14%), Iron: 1.56mg (8.67%), Vitamin A: 429.33IU (8.59%), Vitamin B2: 0.12mg (7.06%), Copper: 0.14mg (7.06%), Vitamin B3: 1.37mg (6.85%), Fiber: 1.27g (5.08%), Magnesium: 20.15mg (5.04%), Phosphorus: 49.83mg (4.98%), Vitamin E: 0.46mg (3.05%), Zinc: 0.4mg (2.63%), Potassium: 76.21mg (2.18%), Vitamin K: 1.87µg (1.78%), Vitamin D: 0.26µg (1.7%), Vitamin B5: 0.14mg (1.4%), Calcium: 12.78mg (1.28%)