



Shortbread Cookies

READY IN



150 min.

SERVINGS



36

CALORIES



161 kcal

DESSERT

Ingredients

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

Equipment

- ☐ bowl

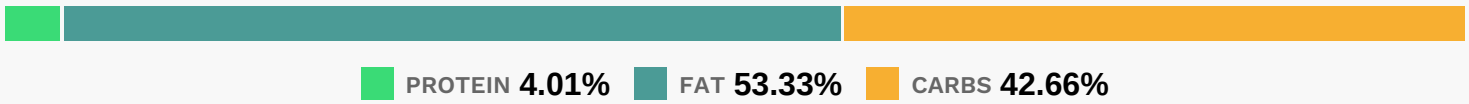
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon
- ☐ cookie cutter
- ☐ microwave
- ☐ kitchen timer
- ☐ butter knife

Directions

- ☐ 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, about 1-inch thick. Wrap in plastic and chill for 30 minutes, until firm but still pliable.
- ☐ Roll the dough 1/2-inch thick on a lightly floured surface 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. If there are still bits of unmelted chocolate after about 5 minutes, return to the microwave in 5-second intervals, stirring, until completely smooth. Stir vigorously until the chocolate is smooth and slightly cooled; stirring makes it glossier.

- ☐
- Drizzle or dip 1/2 of each cookie with just enough chocolate to coat it.
- ☐
- Place the cookie back on the parchment-lined baking sheet and let stand at room temperature until the chocolate has firmed up, about 20 minutes.
- ☐
- Cook's Note: If a 3-by-1-inch cookie cutter is not available, you can cut the shortbread into rectangles using a fluted pastry wheel for decorative edges or simple cut with a butter knife.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:10.59, Inflammation Score:-2, Nutrition Score:2.7943478317364%

Nutrients (% of daily need)

Calories: 161.06kcal (8.05%), Fat: 9.61g (14.79%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 16.6g (6.04%), Sugar: 7.33g (8.15%), Cholesterol: 20.6mg (6.87%), Sodium: 17.97mg (0.78%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.62g (3.25%), Manganese: 0.15mg (7.32%), Selenium: 4.64µg (6.64%), Vitamin B1: 0.1mg (6.49%), Folate: 22.52µg (5.63%), Iron: 0.87mg (4.82%), Vitamin A: 238.51IU (4.77%), Vitamin B2: 0.07mg (3.92%), Copper: 0.08mg (3.92%), Vitamin B3: 0.76mg (3.81%), Fiber: 0.71g (2.82%), Magnesium: 11.19mg (2.8%), Phosphorus: 27.68mg (2.77%), Vitamin E: 0.25mg (1.7%), Zinc: 0.22mg (1.46%), Potassium: 42.34mg (1.21%)