



Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large eggs room temperature
- ☐ 1 large egg yolk room temperature
- ☐ 3 tablespoons raspberry jam ()
- ☐ 10.5 tablespoons butter salted room temperature
- ☐ 0.5 cup sugar
- ☐ 2 cups flour whole wheat

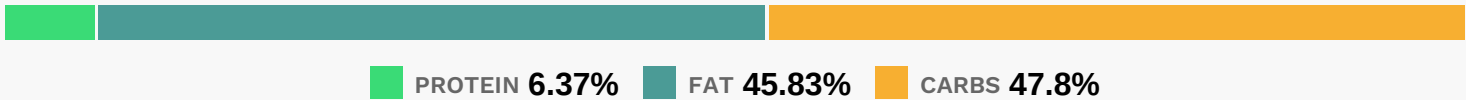
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 400°F.
- ☐ Whisk flour, sugar, and baking powder in a large bowl.
- ☐ Add butter; using your fingertips, rub in butter until coarse meal forms.
- ☐ Whisk egg and yolk in a bowl; add to flour mixture; stir just to blend.
- ☐ Line 2 baking sheets with parchment paper. Measure dough by 2 tablespoons and roll into balls.
- ☐ Place on prepared sheets, spacing 2" apart. Make an indentation in center of each ball; fill each with 1/2 teaspoon jam.
- ☐ Bake cookies until golden, 12–14 minutes.
- ☐ Transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:5.86, Inflammation Score:-2, Nutrition Score:4.8904347976913%

Nutrients (% of daily need)

Calories: 159.45kcal (7.97%), Fat: 8.43g (12.97%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 18.13g (6.59%), Sugar: 8.14g (9.05%), Cholesterol: 42.85mg (14.28%), Sodium: 105.34mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Manganese: 0.61mg (30.67%), Selenium: 11.03µg (15.76%), Phosphorus: 75.01mg (7.5%), Fiber: 1.65g (6.59%), Magnesium: 21.41mg (5.35%), Vitamin B1: 0.08mg (5.3%), Vitamin A: 263.14IU (5.26%), Iron: 0.69mg (3.82%), Vitamin B3: 0.75mg (3.76%), Vitamin B6: 0.07mg (3.56%), Copper: 0.07mg (3.44%), Calcium: 33.27mg (3.33%), Zinc: 0.47mg (3.11%), Vitamin B2: 0.05mg (3.05%), Folate: 10.31µg (2.58%), Vitamin E: 0.38mg (2.56%), Potassium: 65.21mg (1.86%), Vitamin B5: 0.18mg (1.81%),

Vitamin B12: 0.06µg (1.07%)