

Shortbread Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



90 kcal

DESSERT

Ingredients

- 1.5 cups butter softened
- 1 cup powdered sugar
- 1 cup cornstarch
- 2 cups flour all-purpose
- 0.3 teaspoon salt

Equipment

- baking sheet
- oven

wax paper

spatula

Directions

Work all the ingredients together with your hands until blended. Shape all of the dough into 1 inch balls.

Bake cookies on ungreased cookie sheets, 2 inches apart at 300 degrees F (150 degrees C) for 20 minutes.

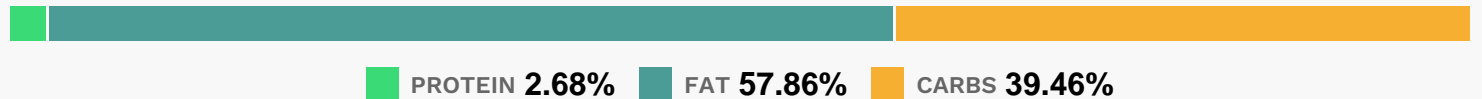
Let cool 10 minutes then carefully lift with spatula to cake racks to cool. Store in air tight container with wax paper between layers. Cookies keep well.

Variations: Flatten some balls with tines of fork and press 1/4 of a red or green glace cherry in center of each. Make thumbprint indentation in some balls and fill with a tiny bit of jam, jelly or marmalade. Dip some balls in slightly beaten egg white and roll in finely chopped walnuts.

Bake as they are or make an indentation in top and spoon in a little jam or marmalade. Dip some balls in egg white and roll in desiccated coconut.

Bake as they are or make an indentation and spoon in a little jam, jelly or marmalade.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.0104347778403%

Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 5.81g (8.93%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.74g (3.18%), Sugar: 2.46g (2.74%), Cholesterol: 15.25mg (5.08%), Sodium: 58.12mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin A: 177.27IU (3.55%), Vitamin B1: 0.04mg (2.75%), Selenium: 1.93µg (2.75%), Folate: 9.74µg (2.44%), Manganese: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.68%), Vitamin B3: 0.31mg (1.55%), Iron: 0.26mg (1.43%), Vitamin E: 0.17mg (1.12%)