



Shortbread Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



90 kcal

DESSERT

Ingredients

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

Equipment

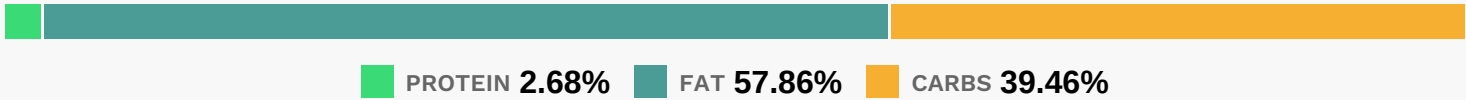
- ☐ baking sheet
- ☐ oven

- ☐ 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: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin A: 177.27IU (3.55%), Selenium: 1.93µg (2.75%), Vitamin B1: 0.04mg (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%)