



Shortbread Cookies with Chocolate and Almonds

READY IN



145 min.

SERVINGS



24

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 2 tablespoons butter
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 tablespoon plus white
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup milk chocolate chips
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 3.5 ounces chocolate white chopped

Equipment

☐ food processor

☐ bowl

☐ oven

☐ knife

☐ wire rack

☐ baking pan

☐ microwave

Directions

☐ Preheat oven to 325 degrees F (165 degrees C). Spray a 9x13-inch baking dish with cooking spray.

☐ Place flour, confectioners' sugar, and salt in a food processor; pulse until blended.

☐ Add cold butter pieces and vanilla extract; blend until mixture forms clumps. Press butter-flour mixture evenly into the prepared baking dish.

☐ Bake in the preheated oven until lightly browned, about 10 minutes. Pierce dough all over with a fork while still hot. Slice dough into 12 squares, then cut each square in half diagonally, forming 24 triangle cookies.

☐ Return cookies to the oven and continue to bake until golden brown, 30 to 35 minutes more. Trace a knife around each cookie to ensure they're completely sliced. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

☐ Melt white chocolate in a microwave-safe bowl in 30-second intervals, stirring after each melting, for 1 to 3 minutes (depending on your microwave).

☐ Drizzle white chocolate over cookies in a zigzag pattern, using a fork.

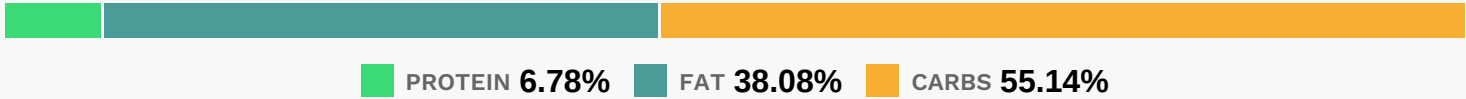
☐ Melt milk chocolate chips, 2 tablespoons butter, and corn syrup in another microwave-safe bowl in 30-second intervals, stirring after each melting, for 1 to 3 minutes.

☐ Drizzle milk chocolate mixture over white chocolate, using a clean fork.

☐ Sprinkle almonds over chocolate.

☐ Let stand until chocolate sets, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:7.49, Inflammation Score:-1, Nutrition Score:2.6908695934259%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.37kcal (5.77%), Fat: 4.94g (7.6%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.42g (5.61%), Sugar: 7.25g (8.06%), Cholesterol: 3.38mg (1.13%), Sodium: 59.99mg (2.61%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.98g (3.96%), Manganese: 0.14mg (7.07%), Vitamin B1: 0.09mg (6.07%), Vitamin B2: 0.1mg (5.79%), Vitamin E: 0.84mg (5.57%), Selenium: 3.87µg (5.53%), Folate: 20.82µg (5.21%), Vitamin B3: 0.77mg (3.83%), Iron: 0.61mg (3.39%), Phosphorus: 33.71mg (3.37%), Magnesium: 11.07mg (2.77%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.44%), Calcium: 20.85mg (2.08%), Potassium: 57.66mg (1.65%), Zinc: 0.2mg (1.34%)