

Shortbread Crust

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



346 kcal

CRUST

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 cup butter
- 0.5 cup powdered sugar
- 2 cups flour all-purpose

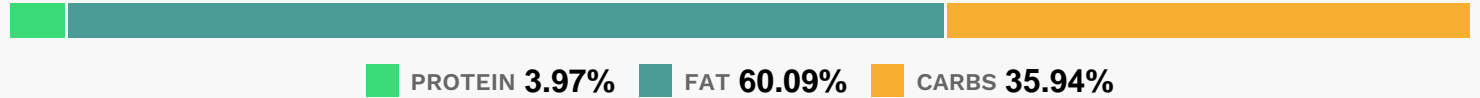
Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream butter and confectioners' sugar until light and fluffy. Stir together flour and baking powder; blend into butter mixture. Pat into a 9 inch pie plate.
- Bake in preheated oven for 12 to 15 minutes, or until edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:17.29, Inflammation Score:-5, Nutrition Score:5.4278261220973%

Nutrients (% of daily need)

Calories: 346.44kcal (17.32%), Fat: 23.32g (35.87%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 30.54g (11.11%), Sugar: 7.44g (8.26%), Cholesterol: 61.01mg (20.34%), Sodium: 196.48mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin B1: 0.25mg (16.45%), Selenium: 10.92µg (15.6%), Folate: 58.04µg (14.51%), Vitamin A: 709.09IU (14.18%), Manganese: 0.21mg (10.67%), Vitamin B2: 0.17mg (9.73%), Vitamin B3: 1.86mg (9.28%), Iron: 1.47mg (8.19%), Vitamin E: 0.68mg (4.51%), Phosphorus: 43.3mg (4.33%), Fiber: 0.84g (3.38%), Copper: 0.05mg (2.28%), Vitamin K: 2.08µg (1.98%), Calcium: 18.92mg (1.89%), Magnesium: 7.48mg (1.87%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.25mg (1.63%), Potassium: 40.42mg (1.15%)