

 54%
HEALTH SCORE

Shortbread Thumbelinas

 Vegetarian

READY IN



25 min.

SERVINGS



1

CALORIES



4478 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds divided toasted finely chopped
- ☐ 1.3 cups butter softened
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine flour, 1/2 cup almonds, and salt; set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar, beating until light and fluffy.
- ☐ Add flour mixture to butter mixture gradually, beating just until blended. Stir in vanilla.
- ☐ Cover dough, and chill 1 hour.
- ☐ Shape dough into 1-inch balls; roll balls in remaining 1/2 cup almonds.
- ☐ Place about 1 inch apart on lightly greased baking sheets; gently press an indentation into center of each cookie with thumb.
- ☐ Bake at 350 for 14 minutes or until set; remove from pans to wire racks to cool completely.
- ☐ Spoon or pipe about 1/2 teaspoon Chocolate Filling into indentation of each cooled cookie.

Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:173.91, Inflammation Score:-10, Nutrition Score:65.359130569126%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 4478.28kcal (223.91%), Fat: 304.54g (468.53%), Saturated Fat: 151.77g (948.54%), Carbohydrates: 389.79g (129.93%), Net Carbohydrates: 363.48g (132.17%), Sugar: 125.1g (139%), Cholesterol: 610.06mg (203.35%), Sodium: 2416.32mg (105.06%), Alcohol: 1.38g (100%), Alcohol %: 0.2% (100%), Protein: 65.01g (130.02%), Vitamin E:

43.38mg (289.19%), Manganese: 5.41mg (270.71%), Vitamin B2: 3.3mg (193.94%), Vitamin B1: 2.76mg (184.06%), Selenium: 115.36µg (164.8%), Folate: 643.31µg (160.83%), Vitamin A: 7092.34IU (141.85%), Vitamin B3: 23.76mg (118.81%), Magnesium: 461.02mg (115.25%), Iron: 19.94mg (110.8%), Phosphorus: 1093.67mg (109.37%), Fiber: 26.31g (105.25%), Copper: 1.93mg (96.73%), Calcium: 501.64mg (50.16%), Zinc: 6.92mg (46.15%), Potassium: 1459.1mg (41.69%), Vitamin B5: 2.35mg (23.53%), Vitamin K: 20.8µg (19.81%), Vitamin B6: 0.34mg (17.15%), Vitamin B12: 0.48µg (8.04%)