



Skibo Castle Ginger Crunch

 Vegetarian

READY IN



4500 min.

SERVINGS



60

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup powdered sugar
- 1.3 cups flour all-purpose
- 1 tablespoon golden syrup (British cane sugar syrup)
- 3 tablespoons granulated sugar
- 0.5 teaspoon ground ginger
- 0.3 teaspoon salt
- 0.8 stick butter unsalted

0.5 teaspoon vanilla

Equipment

frying pan

sauce pan

oven

whisk

baking pan

Directions

Preheat oven to 350°F and grease a 13- by 9-inch metal baking pan.

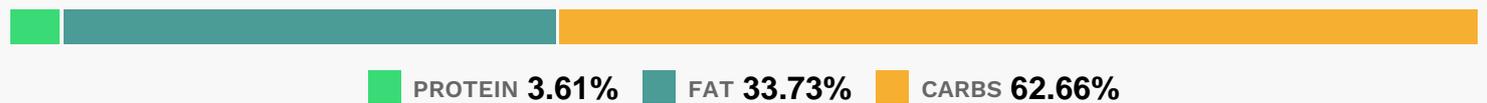
Sift together dry ingredients and blend in butter with your fingertips until mixture resembles coarse meal. Press evenly into bottom of pan (base will be thin).

Bake in middle of oven until golden and crisp, 20 to 25 minutes.

Melt butter in a small saucepan and whisk in remaining ingredients until smooth. Bring to a boil and simmer, stirring, 30 seconds.

Remove shortbread from oven and pour topping over, tilting pan to cover shortbread evenly. Cool in pan on a rack, then cut into small rectangles (8 rows lengthwise and 8 crosswise).

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:0.46347826071407%

Nutrients (% of daily need)

Calories: 31.06kcal (1.55%), Fat: 1.17g (1.81%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.86g (3.18%), Cholesterol: 3.04mg (1.01%), Sodium: 17.02mg (0.74%), Alcohol: 0.01g (100%), Alcohol %: 0.2% (100%), Protein: 0.28g (0.57%), Vitamin B1: 0.02mg (1.37%), Selenium: 0.92µg (1.32%), Folate: 4.81µg (1.2%), Manganese: 0.02mg (1.18%)