



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

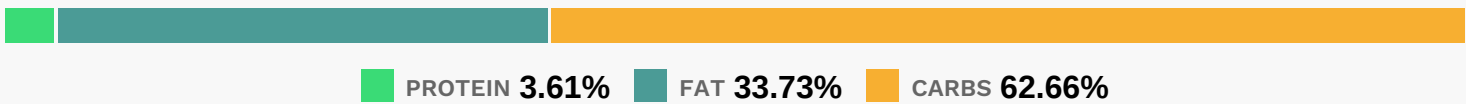
Equipment

- ☐ 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%)