



## Slice-and-Bake Coconut Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3194 kcal

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 cup butter softened
- 1 cup coconut or toasted
- 2 cups flour all-purpose
- 0.8 cup powdered sugar
- 0.1 teaspoon salt
- 2 teaspoons vanilla extract

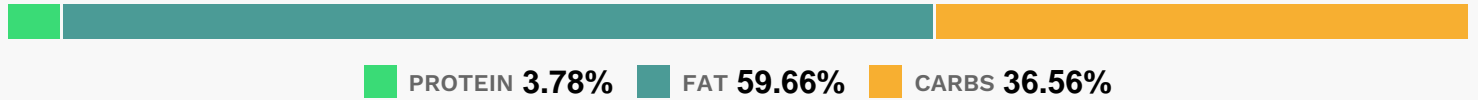
### Equipment

- baking sheet
- oven
- hand mixer
- wax paper

## Directions

- Beat butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating until mixture is smooth. Stir in coconut and vanilla.
- Stir together flour, baking powder, and salt. Gradually add to butter mixture, beating at low speed until blended.
- Shape dough into 3 (10-inch) logs; wrap logs separately in wax paper, and chill 4 hours.
- Cut each log into 28 slices, and place slices 1 inch apart on lightly greased baking sheets.
- Bake at 350 for 10 to 12 minutes or until edges are golden. Cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:227, Glycemic Load:138.84, Inflammation Score:-10, Nutrition Score:44.780869846759%

## Nutrients (% of daily need)

Calories: 3194.46kcal (159.72%), Fat: 213.35g (328.23%), Saturated Fat: 140.83g (880.16%), Carbohydrates: 294.18g (98.06%), Net Carbohydrates: 280.23g (101.9%), Sugar: 94.83g (105.36%), Cholesterol: 488.05mg (162.68%), Sodium: 1879.81mg (81.73%), Alcohol: 2.75g (100%), Alcohol %: 0.53% (100%), Protein: 30.42g (60.85%), Manganese: 2.93mg (146.39%), Selenium: 95.64µg (136.63%), Vitamin B1: 2.03mg (135.17%), Folate: 485.11µg (121.28%), Vitamin A: 5672.73IU (113.45%), Vitamin B2: 1.35mg (79.58%), Vitamin B3: 15.32mg (76.61%), Iron: 13.77mg (76.48%), Fiber: 13.95g (55.81%), Phosphorus: 437.27mg (43.73%), Vitamin E: 5.61mg (37.39%), Copper: 0.72mg (36.02%), Magnesium: 86.38mg (21.59%), Zinc: 2.85mg (19.02%), Potassium: 620.68mg (17.73%), Calcium: 163.9mg (16.39%), Vitamin K: 16.8µg (16%), Vitamin B5: 1.59mg (15.88%), Vitamin B6: 0.16mg (8.1%), Vitamin B12: 0.39µg (6.43%), Vitamin C: 2.64mg (3.2%)