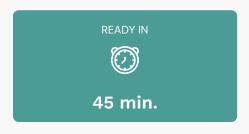


Slice-and-Bake Shortbread

Vegetarian







DESSERT

Ingredients

0.5 teaspoon almond extract
0.3 teaspoon double-acting baking powder
1 cup butter softened
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	
Ш	Beat butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating until mixture is smooth. Stir in extracts.
	Stir together flour, baking powder, and salt. Gradually add to butter mixture, beating at low speed until blended.
	Shape dough into 3 (8-inch) logs; wrap logs separately in wax paper, and chill 4 hours.
	Cut each log into 24 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.
	Slice-and-
	Bake Pecan Shortbread: Omit almond extract; stir in 1 cup finely chopped toasted pecans when adding vanilla. Shape dough into 3 (10-inch) logs. Chill; cut each log into 28 slices. Proceed as directed. Makes 7 dozen.
	Slice-and-
	Bake Chocolate Chip Shortbread: Omit almond extract; stir in 1 cup (6 ounces) semisweet chocolate morsels when adding vanilla. Shape dough into 3 (10-inch) logs. Chill; cut each log into 28 slices. Proceed as directed. Makes 7 dozen.
	Slice-and-
	Bake Coconut Shortbread: Omit almond extract; stir in 1 cup toasted coconut when adding vanilla. Shape dough into 3 (10-inch) logs. Chill; cut each log into 28 slices. Proceed as directed. Makes 7 dozen.
	Slice-and-
	Bake Almond Shortbread: Stir in 1 cup finely chopped toasted almonds when adding extracts. Shape dough into 3 (10-inch) logs. Chill; cut each log into 28 slices. Proceed as directed.

Nutrition Facts

Properties

Glycemic Index:217, Glycemic Load:138.34, Inflammation Score:-10, Nutrition Score:39.877391524937%

Nutrients (% of daily need)

Calories: 2917.02kcal (145.85%), Fat: 186.55g (287%), Saturated Fat: 117.07g (731.67%), Carbohydrates: 282.27g (94.09%), Net Carbohydrates: 275.52g (100.19%), Sugar: 90.1g (100.11%), Cholesterol: 488.05mg (162.68%), Sodium: 1864mg (81.04%), Alcohol: 3.44g (100%), Alcohol %: 0.75% (100%), Protein: 27.76g (55.52%), Vitamin B1: 1.97mg (131.66%), Selenium: 87.56µg (125.09%), Folate: 464.31µg (116.08%), Vitamin A: 5672.73IU (113.45%), Manganese: 1.73mg (86.62%), Vitamin B2: 1.34mg (78.75%), Vitamin B3: 14.9mg (74.49%), Iron: 11.82mg (65.69%), Vitamin E: 5.42mg (36.11%), Phosphorus: 346.99mg (34.7%), Fiber: 6.75g (27.01%), Copper: 0.37mg (18.69%), Vitamin K: 16.64µg (15.85%), Calcium: 152.92mg (15.29%), Magnesium: 61.02mg (15.25%), Vitamin B5: 1.35mg (13.48%), Zinc: 1.98mg (13.17%), Potassium: 338.84mg (9.68%), Vitamin B12: 0.39µg (6.43%), Vitamin B6: 0.12mg (5.97%)