



Spicy Ginger Shortbreads

READY IN



180 min.

SERVINGS



36

CALORIES



82 kcal

DESSERT

Ingredients

- 0.8 cup butter softened
- 0.3 cup granulated sugar
- 1 teaspoon lemon zest grated
- 1 egg yolk
- 1.3 cups flour all-purpose
- 1 teaspoon five-spice powder
- 0.3 cup candied ginger finely chopped
- 0.3 cup pecans finely chopped
- 1 tablespoon flour all-purpose

- 0.3 cup peppermint candies white
- 0.5 cup powdered sugar
- 1 tablespoon water

Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- plastic wrap
- hand mixer
- microwave

Directions

- In large bowl, beat butter, granulated sugar, lemon peel and egg yolk with electric mixer on medium speed. Stir in 1 1/4 cups flour and the five-spice powder until dough holds together. Stir in ginger and pecans.
- Place dough on smooth surface sprinkled with 1 tablespoon flour. Divide dough in half. Shape each half into 6-inch log. Wrap in plastic wrap; refrigerate 1 hour.
- Heat oven to 350°F. Grease cookie sheet with shortening or cooking spray, or line with cooking parchment paper or silicone baking mat.
- Cut dough into 1/4-inch slices.
- Place 1 inch apart on cookie sheet.
- Bake 8 to 10 minutes or until light golden brown.
- Remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- In small microwavable bowl, microwave baking chips uncovered on High 30 to 60 seconds, stirring once, until softened and chips can be stirred smooth. Stir in powdered sugar and water.
- Add additional water, if needed, to achieve glaze consistency.

Drizzle glaze over cookies.

Let stand until set.

Nutrition Facts

PROTEIN 3.58% **FAT 55.68%** **CARBS 40.74%**

Properties

Glycemic Index:7.78, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:1.0973912973119%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 81.61kcal (4.08%), Fat: 5.14g (7.9%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 8.25g (3%), Sugar: 4.74g (5.26%), Cholesterol: 15.57mg (5.19%), Sodium: 31.98mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Manganese: 0.07mg (3.27%), Vitamin B1: 0.04mg (2.79%), Selenium: 1.92µg (2.74%), Vitamin A: 125.84IU (2.52%), Folate: 9.37µg (2.34%), Vitamin B2: 0.03mg (1.67%), Vitamin B3: 0.28mg (1.4%), Iron: 0.25mg (1.37%), Phosphorus: 10.1mg (1.01%)