



HEALTH SCORE

53%

Spicy Olive Shortbread

READY IN



20 min.

SERVINGS



1

CALORIES



3288 kcal

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 teaspoon ground pepper red
- ☐ 0.3 cup olive tapenade refrigerated drained well
- ☐ 0.5 teaspoon salt
- ☐ 8 oz block sharp cheddar cheese shredded

Equipment

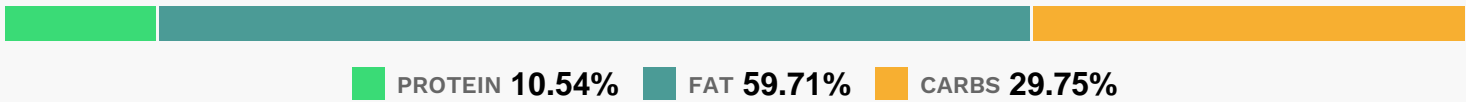
- ☐ frying pan
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Beat butter at medium speed with a heavy-duty stand mixer until fluffy. Gradually add flour, salt, and red pepper, beating just until combined. (
- ☐ Mixture will be crumbly.)
- ☐ Add cheese and tapenade, beating at low speed just until combined.
- ☐ Roll dough into 2 (10-inch) logs, using plastic wrap to shape dough. Wrap each in plastic wrap, and freeze at least 1 hour.
- ☐ Cut each log into 1/4-inch-thick slices, and place on parchment paper-lined baking sheets.
- ☐ Bake at 350 for 15 to 18 minutes or until lightly browned. Cool 5 minutes on pan; remove from pan to a wire rack, and cool 30 minutes or until completely cool.
- ☐ Note: Shortbread dough can be frozen up to 1 week; just allow it to stand at room temperature 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:184, Glycemic Load:174.21, Inflammation Score:-10, Nutrition Score:57.333478290102%

Nutrients (% of daily need)

Calories: 3288.29kcal (164.41%), Fat: 218.51g (336.16%), Saturated Fat: 131.59g (822.42%), Carbohydrates: 244.95g (81.65%), Net Carbohydrates: 236.11g (85.86%), Sugar: 1.85g (2.05%), Cholesterol: 592.83mg (197.61%), Sodium: 3747.39mg (162.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.75g (173.5%), Selenium: 171.96µg (245.65%), Calcium: 1694.12mg (169.41%), Vitamin B1: 2.53mg (168.82%), Folate: 626.2µg (156.55%), Vitamin B2: 2.62mg (153.86%), Vitamin A: 7151.2IU (143.02%), Phosphorus: 1421.48mg (142.15%), Manganese: 2.19mg (109.35%), Vitamin B3: 18.77mg (93.85%), Iron: 15.02mg (83.47%), Zinc: 10.7mg (71.36%), Vitamin B12: 2.69µg (44.89%), Vitamin E: 6.29mg (41.9%), Fiber: 8.85g (35.38%), Magnesium: 135.7mg (33.92%), Copper: 0.53mg (26.57%), Vitamin B5:

2.49mg (24.93%), Vitamin K: 19.5µg (18.57%), Vitamin B6: 0.34mg (16.79%), Potassium: 580.32mg (16.58%), Vitamin D: 1.36µg (9.07%), Vitamin C: 1.15mg (1.39%)