



Stone-Ground Cornmeal-Pecan Shortbread

 Very Healthy

READY IN



47 min.

SERVINGS



1

CALORIES



3660 kcal

Ingredients

- ☐ 14 tablespoons butter softened
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup cornmeal yellow stone-ground
- ☐ 0.3 teaspoon ground pepper red
- ☐ 8 oz parmesan shredded finely
- ☐ 0.5 cup pecans finely chopped
- ☐ 1 teaspoon salt

Equipment

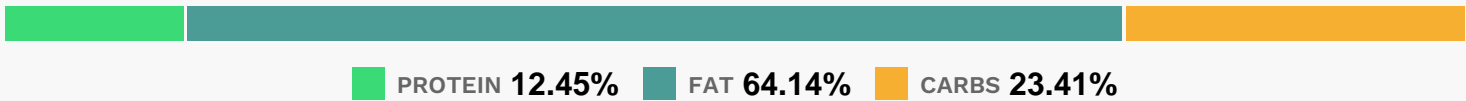
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Place first 4 ingredients in a mixing bowl; beat at medium speed with an electric mixer 2 minutes or until well blended.
- ☐ Add cornmeal and chopped pecans, beating just until blended. Gradually add flour, beating at low speed until blended. (Dough will be crumbly, yet moist enough to cling together when pressed.)
- ☐ Roll out dough 1/4" thick on a sheet of parchment paper.
- ☐ Cut out dough using a 2" round cookie cutter, and place rounds 1" apart on parchment paper-lined large baking sheets.
- ☐ Bake at 350 for 15 to 17 minutes or until lightly browned and crisp.
- ☐ Remove shortbread from baking sheets, and cool completely on a wire rack. Re-roll scraps of dough 1/4" thick, cut out, and bake as above.

Nutrition Facts



Properties

Glycemic Index:262.5, Glycemic Load:140.41, Inflammation Score:-10, Nutrition Score:63.715651968251%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg

Nutrients (% of daily need)

Calories: 3660.33kcal (183.02%), Fat: 263.38g (405.19%), Saturated Fat: 142.47g (890.41%), Carbohydrates: 216.32g (72.11%), Net Carbohydrates: 198.41g (72.15%), Sugar: 5.89g (6.55%), Cholesterol: 575.62mg (191.87%), Sodium: 7226.11mg (314.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 115g (230.01%), Calcium: 2805.53mg (280.55%), Phosphorus: 2154.81mg (215.48%), Manganese: 4.3mg (215.11%), Selenium: 123.44µg (176.35%), Vitamin B1: 2.17mg (144.66%), Vitamin A: 6907.89IU (138.16%), Vitamin B2: 1.9mg (111.48%), Folate: 404.43µg (101.11%), Zinc: 12.68mg (84.52%), Iron: 14.41mg (80.08%), Magnesium: 296.79mg (74.2%), Vitamin B3: 14.41mg (72.06%), Fiber: 17.9g (71.61%), Copper: 1.19mg (59.63%), Vitamin B12: 3.05µg (50.91%), Vitamin B6: 0.89mg (44.53%), Vitamin E: 6.36mg (42.43%), Vitamin B5: 3.01mg (30.08%), Potassium: 946.31mg (27.04%), Vitamin K: 20.61µg (19.62%), Vitamin D: 1.13µg (7.56%), Vitamin C: 0.98mg (1.19%)