



Sugar-and-Spice Shortbread Sticks

READY IN



120 min.

SERVINGS



48

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.8 teaspoon apple pie spice
- ☐ 1.5 cups powdered sugar
- ☐ 0.5 teaspoon apple pie spice
- ☐ 1 tablespoons apple juice

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In large bowl, combine brown sugar, butter, vanilla and egg; beat until light and fluffy.
- ☐ Add flour and 3/4 teaspoon apple pie spice; mix well. Divide dough in half; shape each half into flattened disk. Wrap each in plastic wrap; refrigerate about 1 hour for easier handling.
- ☐ Heat oven to 350°F. On lightly floured surface, roll half of dough at a time to 12x6-inch rectangle. Keep remaining half of dough refrigerated.
- ☐ Cut dough rectangle lengthwise in half; cut each half into 1-inch-wide sticks.
- ☐ Place sticks 1/2 inch apart on ungreased cookie sheets.
- ☐ Bake at 350°F. for 12 to 15 minutes or until edges are light golden brown. Immediately remove from cookie sheets. Cool 10 minutes or until completely cooled.
- ☐ Meanwhile, in small bowl, blend all glaze ingredients until smooth, adding enough apple juice for desired glaze consistency.
- ☐ Spread glaze on tops of cookies.
- ☐ Let stand until glaze is set before storing.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:1.3313043614768%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 89.5kcal (4.47%), Fat: 4g (6.15%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 12.47g (4.53%), Sugar: 7.07g (7.86%), Cholesterol: 13.58mg (4.53%), Sodium: 32.94mg (1.43%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 0.9g (1.81%), Selenium: 2.83µg (4.04%), Vitamin B1: 0.06mg (3.8%), Folate: 13.73µg (3.43%), Manganese: 0.06mg (3.01%), Vitamin B2: 0.04mg (2.48%), Vitamin A: 123.27IU (2.47%), Vitamin B3: 0.43mg (2.16%), Iron: 0.39mg (2.15%), Phosphorus: 10.91mg (1.09%)