



Tatyana's Momma's Truly Excellent Shortbread Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



74 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 cup butter
- 0.5 cup confectioners' sugar
- 1.8 cups flour all-purpose
- 1 teaspoon vanilla extract

Equipment

- bowl

baking sheet

oven

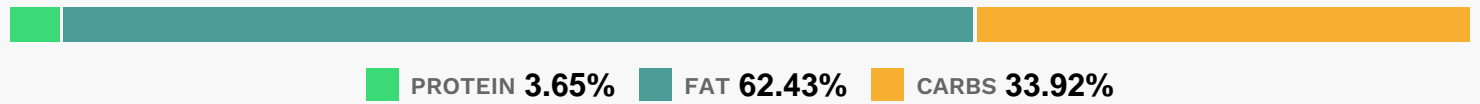
Directions

Preheat oven to 250 degrees F (120 degrees C).

Beat butter, confectioners' sugar, and flour together in a bowl until smooth; add vanilla extract and almond extract. Knead dough until well combined, about 10 times. Shape or cut dough into small cookies; arrange on a baking sheet.

Bake in the preheated oven until edges of cookies are lightly browned, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:1.0799999956204%

Nutrients (% of daily need)

Calories: 74.29kcal (3.71%), Fat: 5.17g (7.96%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 6.16g (2.24%), Sugar: 1.67g (1.86%), Cholesterol: 13.56mg (4.52%), Sodium: 40.71mg (1.77%), Alcohol: 0.06g (100%), Alcohol %: 0.51% (100%), Protein: 0.68g (1.36%), Vitamin B1: 0.05mg (3.2%), Vitamin A: 157.58IU (3.15%), Selenium: 2.13µg (3.05%), Folate: 11.31µg (2.83%), Manganese: 0.04mg (2.09%), Vitamin B2: 0.03mg (1.92%), Vitamin B3: 0.36mg (1.81%), Iron: 0.28mg (1.58%)