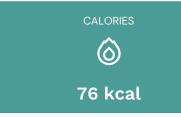


Vanilla Bean Shortbread

Vegetarian







DESSERT

Ingredients

- 0.5 cup butter softened
- 0.5 cup canola oil
- 0.3 cup cornstarch
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 vanilla pod split

Equipment

	bowl
	frying pan
	oven
	knife
	whisk
	wire rack
	blender
	plastic wrap
	baking pan
	aluminum foil
	measuring cup
Directions	
	Preheat oven to 35
	Line bottom and sides of a 13 x 9inch baking pan with foil; coat foil with cooking spray, and seaside.
	Weigh or lightly spoon flour into dry measuring cups; level with a knife.
	Combine flour, cornstarch, and salt in a large bowl; stir with a whisk.
	Place butter in a medium bowl; beat with a mixer at medium speed 2 minutes or until light and fluffy.
	Add oil; beat with a mixer at medium speed 3 minutes or until well blended. Gradually add sugar, beating well. Scrape seeds from vanilla bean, and add seeds to butter mixture; discard bean.
	Add flour mixture, beating at low speed just until blended. Spoon dough into prepared pan.
	Place a sheet of heavy-duty plastic wrap over dough; press to an even thickness. Discard plastic wrap.
	Bake at 350 for 30 minutes or until edges are lightly browned. Cool in pan 5 minutes on a wire rack; cut into 32 pieces. Carefully lift foil from pan; cool squares completely on a wire rack.

Nutrition Facts

Properties

Glycemic Index:6.1, Glycemic Load:6.5, Inflammation Score:-1, Nutrition Score:1.2760869546429%

Nutrients (% of daily need)

Calories: 76.26kcal (3.81%), Fat: 3.69g (5.67%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.81g (3.57%), Sugar: 3.14g (3.49%), Cholesterol: 7.63mg (2.54%), Sodium: 41.25mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin B1: 0.06mg (4.1%), Selenium: 2.73µg (3.9%), Folate: 14.4µg (3.6%), Manganese: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.38%), Vitamin B3: 0.46mg (2.31%), Iron: 0.37mg (2.05%), Vitamin A: 88.64IU (1.77%), Vitamin E: 0.21mg (1.4%)