



Vanilla Bean Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



76 kcal

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 350.
- ☐ Line bottom and sides of a 13 x 9 inch baking pan with foil; coat foil with cooking spray, and set aside.
- ☐ 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



 PROTEIN **4.38%**  FAT **43.29%**  CARBS **52.33%**

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: 0g (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%)