



Walnut Shortbread Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 lb butter cut into chunks
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated maple sugar (see notes)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnuts chopped

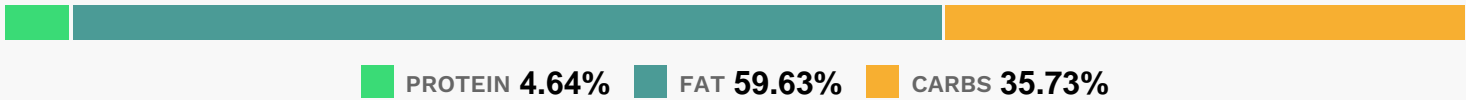
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ spatula

Directions

- ☐ In a food processor, whirl walnuts until finely chopped.
- ☐ Add flour, maple sugar, baking powder, and salt; whirl to mix.
- ☐ Add butter and almond extract; whirl just until dough holds together. (Or whirl nuts in a blender until finely chopped, or finely chop nuts with a knife, and place in a large bowl.
- ☐ Add flour, maple sugar, baking powder, and salt, and stir to combine.
- ☐ Add butter and almond extract, and rub with your fingers until fine crumbs form. Pat dough into a ball.)
- ☐ Shape dough into 1 1/2-inch balls and set 2 inches apart on 14- by 17-inch baking sheets. With the bottom of a glass or your palm, flatten balls to about 1/2 inch thick.
- ☐ Bake in a 325 oven until cookies are golden, 23 to 25 minutes (about 30 minutes in a 300 convection oven); if baking more than 1 sheet at a time, switch pan positions halfway through baking. With a spatula, transfer cookies to a rack to cool.
- ☐ Serve warm or at room temperature. Store cool cookies airtight up to 3 days; freeze to store longer.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:7.67, Inflammation Score:-3, Nutrition Score:3.0756521280045%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 129.02kcal (6.45%), Fat: 8.72g (13.42%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.27g (4.1%), Sugar: 4.59g (5.11%), Cholesterol: 0mg (0%), Sodium: 95.03mg (4.13%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.53g (3.05%), Manganese: 0.42mg (21.13%), Vitamin A: 271.2IU (5.42%), Vitamin B1: 0.08mg (5.33%), Folate: 19.15µg (4.79%), Selenium: 3.06µg (4.37%), Copper: 0.08mg (3.96%), Zinc: 0.5mg (3.32%), Iron: 0.59mg (3.27%), Vitamin B2: 0.05mg (2.97%), Vitamin B3: 0.54mg (2.7%), Phosphorus: 25.12mg (2.51%), Magnesium: 9.24mg (2.31%), Fiber: 0.49g (1.95%), Vitamin E: 0.27mg (1.78%), Calcium: 14.05mg (1.4%), Vitamin B6: 0.03mg (1.27%), Potassium: 43.81mg (1.25%)