



WHATSheATE



Walnut Shortbread Cookies with Flake Salt and Citrus



Vegetarian

READY IN



75 min.

SERVINGS



1

CALORIES



3671 kcal

DESSERT

Ingredients

- ☐ 2 large egg yolks
- ☐ 2 cups flour sifted
- ☐ 1 of lemon zest
- ☐ 1 teaspoon flake salt such as maldon
- ☐ 0.7 cup sugar
- ☐ 1 cup butter unsalted at room temperature
- ☐ 0.7 cup walnut pieces

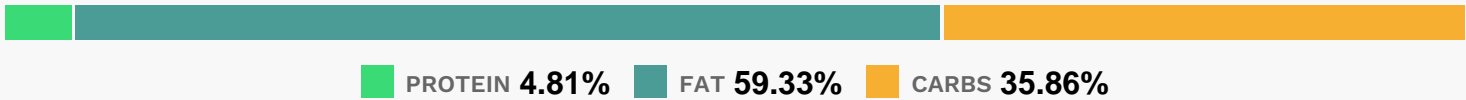
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Put nuts on a rimmed baking sheet and toast until light golden, 10 to 15 minutes.
- ☐ Let cool, then finely chop.
- ☐ Beat butter, sugar, and zest in a bowl with a mixer until light and fluffy.
- ☐ Mix in egg yolks, stopping once to scrape bowl.
- ☐ Add flour and nuts and beat just until dough comes together and is blended.
- ☐ Shape dough into a disk about 1/2 in. thick, wrap with plastic, and chill until firm, 30 to 45 minutes. Reduce oven to 30
- ☐ Roll dough on a lightly floured work surface to 1/4 in.
- ☐ Cut into rounds or squares with a fluted 1 1/2-in. cutter and set 1 in. apart on 2 or 3 baking sheets lined with parchment paper.
- ☐ Sprinkle with salt. Gather and reroll scraps, chilling dough if needed.
- ☐ Bake 2 pans at a time until golden, swapping positions in oven halfway through, 20 to 22 minutes.
- ☐ Let cool on a rack.
- ☐ Make ahead: Up to 3 days, airtight.

Nutrition Facts



Properties

Glycemic Index:165.09, Glycemic Load:232.19, Inflammation Score:-10, Nutrition Score:54.997825581094%

Flavonoids

Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg

Nutrients (% of daily need)

Calories: 3670.99kcal (183.55%), Fat: 246.87g (379.79%), Saturated Fat: 125.02g (781.39%), Carbohydrates: 335.78g (111.93%), Net Carbohydrates: 323.7g (117.71%), Sugar: 136.15g (151.27%), Cholesterol: 855.25mg (285.08%), Sodium: 2374.72mg (103.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.03g (90.06%), Manganese: 4.41mg (220.35%), Selenium: 110.69µg (158.14%), Vitamin B1: 2.3mg (153.35%), Folate: 590.52µg (147.63%), Vitamin A: 6179.11IU (123.58%), Vitamin B2: 1.63mg (96.17%), Copper: 1.67mg (83.74%), Iron: 14.94mg (82.99%), Vitamin B3: 15.74mg (78.71%), Phosphorus: 727.08mg (72.71%), Fiber: 12.08g (48.33%), Magnesium: 184.69mg (46.17%), Vitamin E: 6.84mg (45.61%), Vitamin D: 5.24µg (34.94%), Zinc: 5.17mg (34.46%), Vitamin B6: 0.66mg (32.82%), Vitamin B5: 2.81mg (28.09%), Calcium: 216.39mg (21.64%), Potassium: 707.77mg (20.22%), Vitamin K: 18.98µg (18.08%), Vitamin B12: 1.05µg (17.48%), Vitamin C: 2.3mg (2.79%)