



Wheat Biscuit Shortbread

READY IN



27 min.

SERVINGS



36

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon salt fine
- ☐ 8 ounces bittersweet chocolate
- ☐ 1.3 cups unbleached flour all-purpose
- ☐ 2 sticks butter unsalted at room temperature
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup flour whole-wheat white

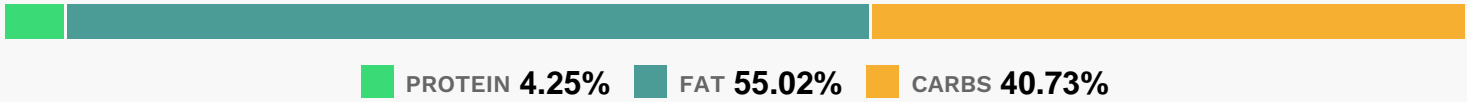
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ pot

Directions

- ☐ Arrange the racks in upper and lower thirds of the oven and preheat the oven to 325°F. Line 2 large cookie sheets and with parchment paper or silicone sheets.
- ☐ In a large bowl, combine the butter, sugar, vanilla and salt at medium-low speed just until smooth.
- ☐ Add the flours and mix until just blended. Divide the dough in half and then shape, without over handling, into 2 disks.
- ☐ On a lightly floured surface, roll 1 piece of dough out into a 13-inch, 1/4-inch-thick square. Using a ruler and a fluted pastry wheel or a large knife, trim the edges and cut into 2- by 1-inch rectangles.
- ☐ Transfer the cookies to the baking sheets, spacing 1 1/2 inches apart. Reroll the scraps and repeat with the remaining dough. Mark each cookie several times with tines of a fork and then chill the pans in the refrigerator for 10 minutes.
- ☐ Bake cookies for about 17 minutes, until golden and nearly firm in center.
- ☐ Let cool for 5 minutes on baking sheets and transfer to racks to cool completely.
- ☐ Finely chop semisweet chocolate.
- ☐ Place half of the chocolate in a heatproof bowl set over a saucepan with 1 inch of simmering water and stir until the chocolate is melted and smooth.
- ☐ Add the remaining chocolate to the bowl; remove the bowl from the pot and place on a folded towel. Stir occasionally until chocolate is smooth. Scrape the chocolate into a small bowl. Line a baking sheet with clean parchment or waxed paper. Dip the cookies halfway into the chocolate, let the excess drip off, and then place on the paper-lined sheet; let stand until set and dry, at least 1 hour.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:4.98, Inflammation Score:-2, Nutrition Score:2.6752173926519%

Nutrients (% of daily need)

Calories: 123.52kcal (6.18%), Fat: 7.64g (11.76%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 11.76g (4.28%), Sugar: 6.07g (6.74%), Cholesterol: 13.88mg (4.63%), Sodium: 33.83mg (1.47%), Alcohol: 0.08g (100%), Alcohol %: 0.4% (100%), Caffeine: 5.42mg (1.81%), Protein: 1.33g (2.66%), Manganese: 0.25mg (12.48%), Selenium: 4.15µg (5.92%), Copper: 0.1mg (5%), Magnesium: 16.76mg (4.19%), Iron: 0.72mg (4.02%), Fiber: 0.98g (3.91%), Vitamin B1: 0.05mg (3.54%), Phosphorus: 34.49mg (3.45%), Vitamin A: 160.33IU (3.21%), Folate: 9.6µg (2.4%), Vitamin B3: 0.48mg (2.39%), Vitamin B2: 0.03mg (1.95%), Zinc: 0.29mg (1.94%), Potassium: 54.38mg (1.55%), Vitamin E: 0.21mg (1.39%)