



Bake the Book: White Pecan Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



60 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups pecans finely chopped
- ☐ 1 pinch salt
- ☐ 1 cup caster sugar

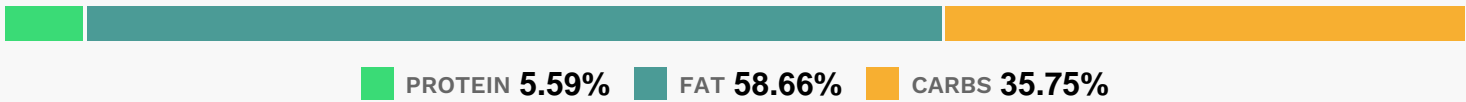
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 225°F. Line a baking sheet with parchment paper or grease lightly.
- ☐ In a large bowl, combine the pecans, flour, baking powder, and salt. Beat the egg whites with the cream of tartar at medium-high speed until they are foamy and start to thicken but have not quite reached soft peaks. Gradually and slowly add the sugar. Continue beating on high speed for a few minutes, until thick and glossy.
- ☐ Add one-fourth of the pecan mixture and fold carefully so that the eggs don't lose their structure and volume. Repeat, incorporating the remaining pecan mixture in three more additions. Using two small spoons or a piping bag fitted with the flat tip attachment, form little mounds on the prepared baking sheet.
- ☐ Bake for 1 hour, turn off the oven, and leave the cookies in the oven for another hour.
- ☐ Remove from the oven and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.5717391392783%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 59.79kcal (2.99%), Fat: 4.11g (6.33%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 5.07g (1.84%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 9.44mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Manganese: 0.26mg (13.09%), Copper: 0.07mg (3.51%), Vitamin B1: 0.04mg (2.96%), Fiber: 0.57g (2.27%), Magnesium: 7.35mg (1.84%), Phosphorus: 17.95mg (1.8%), Zinc: 0.26mg (1.76%), Selenium: 1.04µg (1.48%), Vitamin B2: 0.02mg (1.38%), Iron: 0.19mg (1.07%)