



Basil-Pecan Sandies

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 5 cinnamon basil leaves fresh
- ☐ 1 cup butter
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons vanilla extract

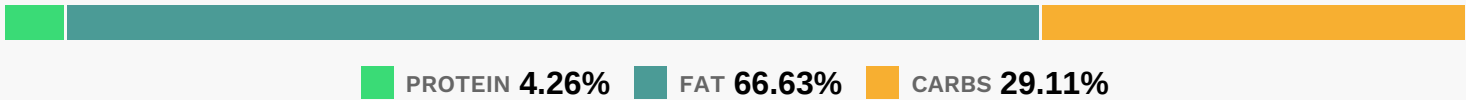
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Process basil and sugar in a blender or food processor until basil is minced.
- ☐ Melt butter in a large saucepan; add basil mixture, flour, salt, and cinnamon. Stir in chopped pecans and vanilla; remove from heat.
- ☐ Drop dough by 1/4 cupfuls onto ungreased baking sheets; flatten to 1/4-inch thickness with bottom of a large glass.
- ☐ Bake cookies at 300 for 40 minutes or until golden.
- ☐ Remove to wire racks to cool.
- ☐ *Regular basil may be substituted; increase ground cinnamon to 1 teaspoon.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:17.34, Inflammation Score:-6, Nutrition Score:7.2082608057105%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 350.8kcal (17.54%), Fat: 26.39g (40.59%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 24.16g (8.79%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 272.82mg (11.86%), Alcohol: 0.21g (100%), Alcohol %: 0.4% (100%), Protein: 3.8g (7.59%), Manganese: 0.68mg (34.12%), Vitamin B1: 0.27mg (18.04%), Vitamin A: 828.93IU (16.58%), Selenium: 8.92µg (12.75%), Folate: 48.52µg (12.13%), Vitamin B2: 0.15mg (8.69%), Copper: 0.17mg (8.44%), Iron: 1.45mg (8.08%), Vitamin B3: 1.61mg (8.07%), Fiber: 1.78g (7.11%), Phosphorus: 62.63mg (6.26%), Vitamin E: 0.88mg (5.83%), Magnesium: 19.63mg (4.91%), Zinc: 0.67mg (4.49%), Potassium: 83mg (2.37%), Vitamin B5: 0.22mg (2.24%), Calcium: 19.7mg (1.97%), Vitamin B6: 0.04mg (1.83%), Vitamin K: 1.32µg (1.25%)