



Birds' Nests IV

READY IN



45 min.

SERVINGS



36

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 4 cups confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 2 cups pecans chopped
- 0.8 cup shortening
- 1 teaspoon vanilla extract
- 0.3 cup warm water
- 0.5 cup sugar white

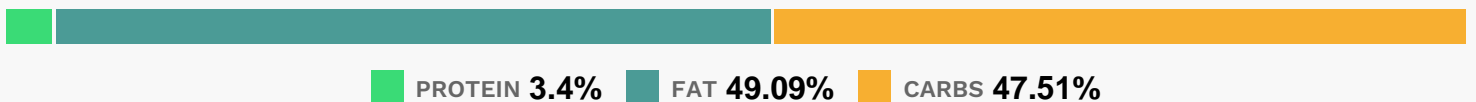
Equipment

- baking sheet
- oven

Directions

- Separate the eggs. Chop the nuts fine.
- Cream together 1 cup softened butter and sugar.
- Add the yolks, and beat well.
- Add the flour, and mix well.
- Make small balls out of dough.
- Roll balls in egg white, and then in the nuts.
- Place balls on greased cookie sheets, and press center of cookie with thumb.
- Bake at 350 degrees F (175 degrees C) for 8 minutes. Press center of cookie again, bake until lightly browned 4 to 6 minutes. Cool cookies on racks.
- To make frosting, begin by blending the water, shortening, vanilla, and 1/4 cup softened butter or margarine together thoroughly. Slowly add confectioners' sugar, and mix until smooth and creamy. More water may be needed to make desired consistency.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:5.8, Inflammation Score:-1, Nutrition Score:2.8886956319861%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 182.56kcal (9.13%), Fat: 10.22g (15.72%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 21.48g (7.81%), Sugar: 16.1g (17.88%), Cholesterol: 12.48mg (4.16%), Sodium: 14.3mg (0.62%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.59g (3.19%), Manganese: 0.32mg (16.07%), Vitamin B1: 0.1mg (6.43%), Selenium: 3.45µg (4.92%), Copper: 0.09mg (4.29%), Folate: 15.24µg (3.81%), Vitamin B2: 0.06mg (3.36%), Fiber: 0.77g (3.08%), Phosphorus: 29.5mg (2.95%), Iron: 0.53mg (2.95%), Vitamin E: 0.41mg (2.75%), Vitamin K: 2.62µg (2.5%), Vitamin B3: 0.48mg (2.42%), Zinc: 0.36mg (2.39%), Magnesium: 9.21mg (2.3%), Vitamin B5: 0.15mg (1.51%), Vitamin A: 55.99IU (1.12%), Potassium: 36.5mg (1.04%)