



Bourbon-Pecan Snowflakes

 Vegetarian

READY IN



160 min.

SERVINGS



1

CALORIES



3962 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 4 tablespoons bourbon
- ☐ 1 cup butter softened
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup pecans toasted chopped
- ☐ 0.8 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

☐ 1 serving wax and parchment paper

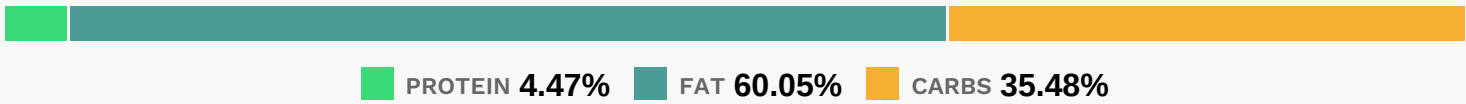
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating until smooth. Stir in pecans, bourbon, and vanilla until blended.
- ☐ Stir together flour and next 2 ingredients. Gradually add flour mixture to butter mixture, beating at low speed until blended.
- ☐ Divide dough in half; flatten each into a disk.
- ☐ Roll each disk to 1/4-inch thickness between 2 sheets of wax paper.
- ☐ Transfer dough, in wax paper, to a baking sheet; chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Working with 1 portion of dough at a time, remove top wax paper; cut with a 3-inch snowflake-shaped cutter, rerolling dough scraps once.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake at 350 for 14 to 16 minutes or until edges are golden. Cool on baking sheets 1 minute; transfer to wire racks. Cool completely. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:266, Glycemic Load:173.28, Inflammation Score:-10, Nutrition Score:55.451739513356%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 3961.81kcal (198.09%), Fat: 258.45g (397.61%), Saturated Fat: 123.28g (770.51%), Carbohydrates: 343.55g (114.52%), Net Carbohydrates: 325.59g (118.4%), Sugar: 93.94g (104.38%), Cholesterol: 488.05mg (162.68%), Sodium: 1865.73mg (81.12%), Alcohol: 22.79g (100%), Alcohol %: 3.61% (100%), Protein: 43.31g (86.63%), Manganese: 6.62mg (331%), Vitamin B1: 3.12mg (208.16%), Selenium: 112.51µg (160.73%), Folate: 601.47µg (150.37%), Vitamin A: 5728.17IU (114.56%), Vitamin B2: 1.78mg (104.51%), Vitamin B3: 19.75mg (98.73%), Iron: 17.26mg (95.9%), Copper: 1.66mg (83.18%), Fiber: 17.96g (71.83%), Phosphorus: 691.38mg (69.14%), Magnesium: 194.59mg (48.65%), Zinc: 6.92mg (46.15%), Vitamin E: 6.84mg (45.6%), Vitamin B5: 2.48mg (24.76%), Potassium: 811.95mg (23.2%), Calcium: 231.82mg (23.18%), Vitamin K: 20.29µg (19.33%), Vitamin B6: 0.35mg (17.74%), Vitamin B12: 0.39µg (6.43%), Vitamin C: 1.3mg (1.57%)