



Butter Balls II

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup sugar white

Equipment

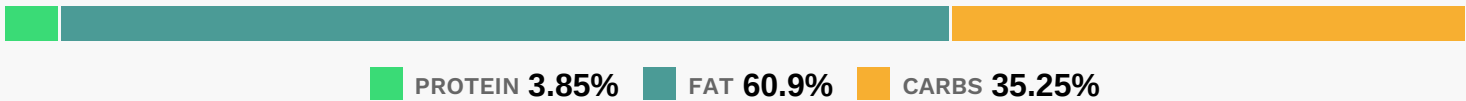
- ☐ baking sheet
- ☐ oven

☐ wire rack

Directions

- ☐ Beat butter on medium speed for 30 seconds.
- ☐ Add sugar, beat until fluffy.
- ☐ Add flour, and beat at low speed until well blended, stir in pecans.
- ☐ Shape into one inch balls.
- ☐ Bake at 325 degrees F (165 degrees C) on an ungreased cookie sheet for 20 minutes.
- ☐ Remove and put on wire rack to cool.
- ☐ Roll in confectioners' sugar when cool.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:1.4391304188934%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 79.82kcal (3.99%), Fat: 5.53g (8.5%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 6.84g (2.49%), Sugar: 3g (3.33%), Cholesterol: 10.17mg (3.39%), Sodium: 30.55mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Manganese: 0.14mg (6.89%), Vitamin B1: 0.06mg (3.74%), Selenium: 1.92µg (2.74%), Folate: 10.17µg (2.54%), Vitamin A: 119.45IU (2.39%), Vitamin B2: 0.03mg (1.81%), Copper: 0.04mg (1.75%), Iron: 0.3mg (1.68%), Vitamin B3: 0.34mg (1.68%), Fiber: 0.36g (1.43%), Phosphorus: 13.05mg (1.31%)