



Butter Pecan Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups pecan halves
- ☐ 0.5 teaspoon salt

Equipment

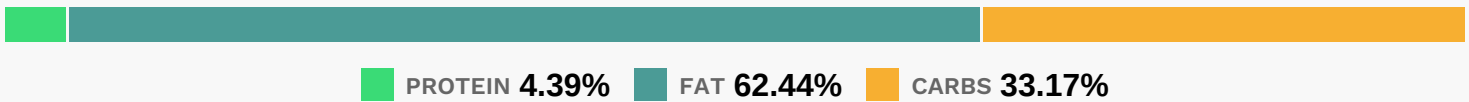
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream butter, brown sugar and egg.
- ☐ Mix until well blended.
- ☐ Slowly add flour and salt and mix well. Cover and refrigerate for at least one hour.
- ☐ Preheat oven to 375 degrees F.
- ☐ Roll one inch pieces of dough into balls and place 2 inches apart on cookie sheets. Flatten balls with the bottom of a glass dipped in flour. Press a pecan into top of dough.
- ☐ Bake 10 to 12 minutes until lightly colored.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.7560869740403%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 87.17kcal (4.36%), Fat: 6.2g (9.54%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.97g (2.54%), Sugar: 3.11g (3.45%), Cholesterol: 13.58mg (4.53%), Sodium: 56.89mg (2.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Manganese: 0.18mg (8.85%), Vitamin B1: 0.06mg (4.13%), Selenium: 2.25µg (3.21%), Folate: 10.82µg (2.7%), Vitamin A: 124.86IU (2.5%), Copper: 0.05mg (2.34%), Vitamin B2: 0.04mg (2.09%), Iron: 0.36mg (1.99%), Vitamin B3: 0.35mg (1.75%), Fiber: 0.44g (1.75%), Phosphorus: 17.27mg (1.73%), Magnesium: 5.37mg (1.34%), Zinc: 0.19mg (1.29%), Vitamin E: 0.17mg (1.11%)