



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 pecans
- 0.5 teaspoon salt

Equipment

- bowl

baking sheet

oven

Directions

In a large bowl, cream butter, brown sugar and egg.

Mix until well blended.

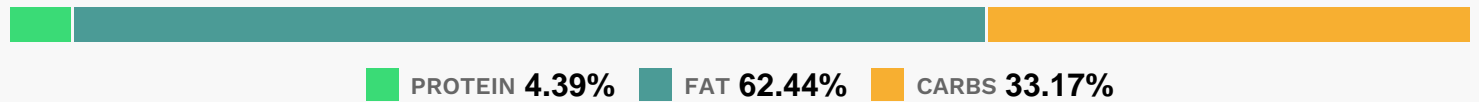
Slowly add flour and salt and mix well. Cover and refrigerate for at least one hour.

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: 0g (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%)