



Butter Pecan Thumbprints

 Vegetarian

READY IN



100 min.

SERVINGS



36

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 eggs beaten
- ☐ 2 teaspoons vanilla
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon baking soda
- ☐ 0.1 teaspoon kosher salt (coarse)
- ☐ 1.5 cups pecans finely chopped

- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup pecans finely chopped
- ☐ 2 tablespoons butter unsalted softened

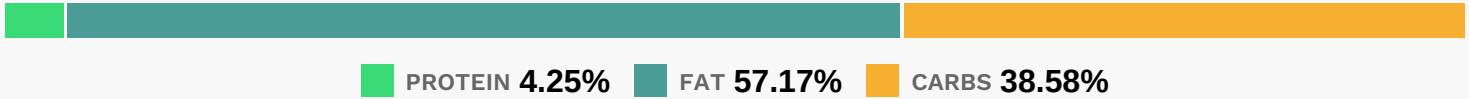
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 325°F. Grease cookie sheet with shortening or cooking spray, or line with cooking parchment paper or silicone baking mat.
- ☐ In large bowl, beat 1 cup brown sugar, 1/2 cup butter, the egg and vanilla with electric mixer on low speed. Stir in 1 1/2 cups flour, the baking soda and salt. Stir in 1 1/2 cups pecans.
- ☐ In small bowl, mix 1/3 cup brown sugar, 2 tablespoons flour and 1 cup pecans. Stir in 2 tablespoons butter with fork until mixture is crumbly.
- ☐ Shape dough into 1 1/2-inch balls.
- ☐ Place 2 inches apart on cookie sheet. Press thumb into center of each cookie to make indentation, but do not press all the way to the cookie sheet. Fill each indentation with about 1 teaspoon of filling.
- ☐ Bake 10 to 15 minutes or until edges are golden brown. Cool 5 minutes; remove from cookie sheet to cooling rack.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:2.9639130600769%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 134.31kcal (6.72%), Fat: 8.81g (13.55%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.5g (4.54%), Sugar: 8.25g (9.17%), Cholesterol: 13mg (4.33%), Sodium: 20.26mg (0.88%), Alcohol: 0.08g (100%), Alcohol %: 0.36% (100%), Protein: 1.47g (2.95%), Manganese: 0.39mg (19.26%), Vitamin B1: 0.09mg (6.32%), Copper: 0.1mg (5.22%), Selenium: 2.71µg (3.87%), Fiber: 0.88g (3.51%), Folate: 12.73µg (3.18%), Phosphorus: 30.75mg (3.07%), Iron: 0.53mg (2.96%), Magnesium: 11.38mg (2.85%), Zinc: 0.4mg (2.7%), Vitamin B2: 0.04mg (2.63%), Vitamin A: 109.06IU (2.18%), Vitamin B3: 0.43mg (2.17%), Calcium: 14.56mg (1.46%), Potassium: 50.85mg (1.45%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.24%), Vitamin B6: 0.02mg (1.2%)