



## Cacao-Pecan Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

### Ingredients

- 10 tablespoons butter
- 0.3 cup cacao nibs finely chopped
- 0.5 cup powdered sugar
- 1 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 0.5 teaspoon kosher salt
- 1 cup pecans coarsely chopped
- 0.5 vanilla pod split

- 1 teaspoon vanilla extract pure
- 3 tablespoons tsp vanilla sugar
- 1 tablespoon water cold

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack

## Directions

- preheat the oven to 350.set the butter out to soften.spread the chopped pecans on a rimmed baking sheet and toast for about 4–6 minutes, until lightly browned and fragrant. let cool.put the softened butter in a large bowl. beat the butter, confectioners' sugar, vanilla bean seeds, vanilla extract and salt at medium speed until fluffy.add the flour, mixing in 1/2 at a time. beat at low speed until just incorporated. stir in the pecans and cacao nibs. mix well.transfer the dough to a work surface and roll into a 1 1/2-inch-thick log. wrap the log in plastic or parchment paper and refrigerate 1 hour, until chilled.line 2 large baking sheets with parchment paper. spread the vanilla sugar on a platter.mix the egg and water together to create an egg wash. brush the log with the egg wash and roll in the sugar. slice the log into 1/2-inch-thick rounds. place them on the prepared baking sheets, about 1 inch apart.bake the cookies for about 15 minutes, until the edges are golden; rotate the baking sheets from top to bottom and front to back halfway through baking. transfer the cookies to a wire rack and let stand until completely cooled.

## Nutrition Facts



## Properties

Glycemic Index:8.55, Glycemic Load:5.38, Inflammation Score:-2, Nutrition Score:2.5204347826087%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## Taste

Sweetness: 50.54%, Saltiness: 11.73%, Sourness: 1.42%, Bitterness: 1.39%, Savoriness: 5.51%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 124.89kcal (6.24%), Fat: 8.6g (13.23%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.04g (3.65%), Sugar: 4.17g (4.63%), Cholesterol: 20.29mg (6.76%), Sodium: 89.18mg (3.88%), Protein: 1.65g (3.31%), Manganese: 0.24mg (12.01%), Vitamin B1: 0.09mg (5.98%), Selenium: 3.53µg (5.04%), Folate: 16.36µg (4.09%), Vitamin B2: 0.06mg (3.32%), Vitamin A: 159.34IU (3.19%), Copper: 0.06mg (3.14%), Fiber: 0.77g (3.07%), Iron: 0.51mg (2.82%), Vitamin B3: 0.51mg (2.57%), Phosphorus: 25.4mg (2.54%), Magnesium: 8.67mg (2.17%), Zinc: 0.27mg (1.83%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.11mg (1.08%)