



Caramel Pecan Cookies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



115 kcal

DESSERT

Ingredients

- 1 cup cup heavy whipping cream
- 0.5 lb pecans cooled toasted coarsely chopped
- 0.5 teaspoon salt
- 1.5 cups sugar
- 6 tablespoons butter unsalted cut into bits
- 1 teaspoon vanilla

Equipment

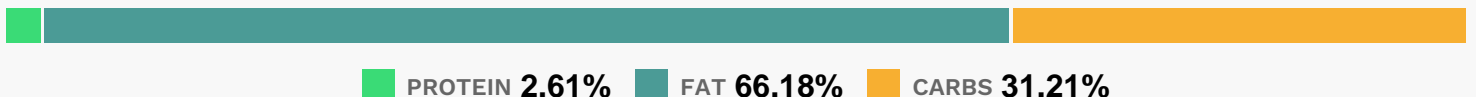
- frying pan

- sauce pan
- oven
- knife
- plastic wrap
- baking pan
- aluminum foil
- wax paper

Directions

- Grease a 13- by 9-inch metal baking pan, then line with foil, leaving a 2-inch overhang on both ends, and grease foil.
- Follow recipe for basic butter cookies to make dough (do not chill), then press dough evenly onto bottom of baking pan, using plastic wrap on top to prevent dough from sticking to your fingers, and chill until firm, about 20 minutes.
- While crust chills, put oven rack in middle position and preheat oven to 375°F.
- Bake crust until golden brown, about 30 minutes. Cool in pan on a rack 20 minutes. (Leave oven on.)
- Cook sugar in a 2 1/2- to 3-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted to a deep golden caramel. Tilt pan and carefully pour in cream (caramel will harden and steam vigorously). Cook over moderately low heat, stirring, until caramel is dissolved.
- Remove from heat and stir in butter, vanilla, salt, and pecans.
- Immediately spread topping over cooled crust and bake until bubbling, about 20 minutes. Cool completely in pan on rack, about 2 hours.
- Run a heavy knife under hot water, then wipe dry and cut confection into 2-inch triangles, diamonds, or squares.
- Cookies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:1.883478268981%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 115.14kcal (5.76%), Fat: 8.84g (13.6%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.77g (3.19%), Sugar: 8.78g (9.75%), Cholesterol: 12.49mg (4.16%), Sodium: 34.43mg (1.5%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 0.79g (1.57%), Manganese: 0.28mg (14.22%), Copper: 0.08mg (3.87%), Vitamin A: 159.02IU (3.18%), Vitamin B1: 0.04mg (2.87%), Fiber: 0.6g (2.42%), Phosphorus: 21.85mg (2.19%), Magnesium: 8.15mg (2.04%), Zinc: 0.3mg (2.03%), Vitamin B2: 0.02mg (1.36%), Vitamin E: 0.2mg (1.35%)