



## Cinnamon Nut Squares

 Vegetarian

READY IN



70 min.

SERVINGS



24

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup butter softened
- 1 teaspoon butter
- 1 tablespoon cinnamon
- 1 eggs separated
- 2 cups flour
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 1 cup sugar

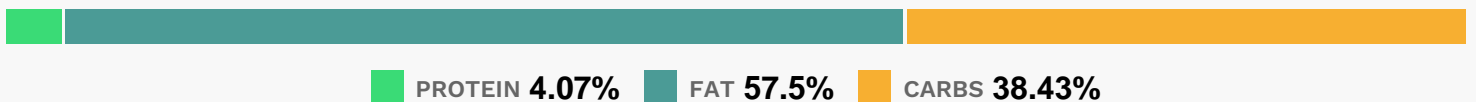
## Equipment

- frying pan
- oven
- baking pan
- spatula

## Directions

- Preheat oven to 300 degrees.Spray an oblong baking pan with baking spray. I used a 14x8x2 pan.Cream butter; gradually add sugar and continue beating until mixture is light and fluffy.
- Add egg yolk, flour, cinnamon, salt and vanilla.
- Mix well; dough will be thick.Press dough evenly into prepared pan; crust will not be very thick.Lightly beat egg white and brush over top of dough.
- Sprinkle nuts evenly over dough and lightly press nuts into dough.
- Bake about 50 minutes or until edges are golden.
- Remove from oven and cut into square while still hot.
- Let cool and remove from pan with a spatula.Store in a tightly covered container; square will keep at a week.

## Nutrition Facts



## Properties

Glycemic Index:10.84, Glycemic Load:11.6, Inflammation Score:-2, Nutrition Score:3.2586956521739%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Taste

Sweetness: 75.36%, Saltiness: 7.89%, Sourness: 0.76%, Bitterness: 0.39%, Savoriness: 3.64%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 174.14kcal (8.71%), Fat: 11.42g (17.56%), Saturated Fat: 5.32g (33.28%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.27g (5.92%), Sugar: 8.54g (9.49%), Cholesterol: 27.6mg (9.2%), Sodium: 113.53mg (4.94%), Protein: 1.82g (3.64%), Manganese: 0.33mg (16.73%), Vitamin B1: 0.11mg (7.54%), Selenium: 4.42µg (6.32%), Folate: 21.23µg (5.31%), Vitamin A: 255IU (5.1%), Vitamin B2: 0.07mg (4.16%), Iron: 0.66mg (3.69%), Copper: 0.07mg (3.63%), Fiber: 0.89g (3.58%), Vitamin B3: 0.68mg (3.39%), Phosphorus: 29.99mg (3%), Vitamin E: 0.32mg (2.14%), Zinc: 0.32mg (2.12%), Magnesium: 8.4mg (2.1%), Vitamin B5: 0.12mg (1.25%), Calcium: 11.54mg (1.15%), Potassium: 36.23mg (1.04%)