

# Cream Cheese Finger Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



266 kcal

DESSERT

## Ingredients

- 0.5 cup butter softened
- 12 servings powdered sugar
- 4 ounces cream cheese softened
- 1.8 cups flour all-purpose
- 1 cup pecans finely chopped
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a small bowl, cream butter and cream cheese until light and fluffy. Beat in vanilla.
- Combine the flour, sugar and salt; gradually add to creamed mixture and mix well. Stir in pecans (dough will be crumbly).
- Shape tablespoonfuls into 2-in. logs.
- Place 2 in. apart on ungreased baking sheets.
- Bake at 375° for 12–14 minutes or until lightly browned. Carefully roll warm cookies in confectioners' sugar. Cool on wire racks.

## Nutrition Facts

**PROTEIN 4.98%** **FAT 58.55%** **CARBS 36.47%**

## Properties

Glycemic Index:19.34, Glycemic Load:10.94, Inflammation Score:-4, Nutrition Score:5.4865217101963%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

## Nutrients (% of daily need)

Calories: 265.94kcal (13.3%), Fat: 17.64g (27.14%), Saturated Fat: 7.36g (46%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 23.36g (8.49%), Sugar: 9.64g (10.71%), Cholesterol: 29.88mg (9.96%), Sodium: 91.05mg (3.96%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 3.38g (6.76%), Manganese: 0.54mg (26.76%), Vitamin B1: 0.21mg (13.72%), Selenium: 7.49µg (10.69%), Folate: 36.49µg (9.12%), Vitamin B2: 0.13mg (7.58%), Vitamin A: 368.36IU (7.37%), Copper: 0.14mg (6.89%), Iron: 1.09mg (6.08%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 57.25mg (5.72%), Fiber: 1.36g (5.46%), Magnesium: 16.08mg (4.02%), Zinc: 0.6mg (3.97%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.22mg (2.23%), Calcium: 20.66mg (2.07%), Potassium: 72.16mg (2.06%), Vitamin B6: 0.03mg (1.64%),

Vitamin K: 1.23µg (1.17%)