



Cream Cheese Pecan Cookies



Vegetarian



Popular

READY IN



290 min.

SERVINGS



54

CALORIES



162 kcal

DESSERT

Ingredients

- ☐ 3 cups pecans
- ☐ 4 cups flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 2 cups butter unsalted room temperature (4 sticks)
- ☐ 6 ounces cream cheese room temperature (not whipped)
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons vanilla extract

Equipment

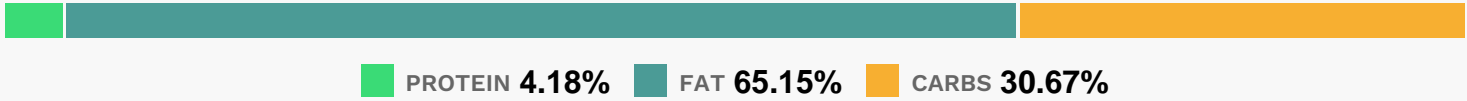
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Bake the pecans to brown: Preheat the oven to 350°F. Coarsely chop 1 1/2 cups of the pecans and spread them on a cookie sheet and bake for about 10 minutes or until the nuts are fragrant. Set aside to cool.
- ☐ Whisk together the flour and salt in a large bowl.
- ☐ Make the cookie dough: Beat together the butter and cream cheese in an electric mixer on medium speed for 2 minutes until light and fluffy.
- ☐ Add the sugar and vanilla and beat for another minute.
- ☐ Reduce the mixer speed to low and beat in the flour and salt until just combined. Do not over-mix. Fold in the toasted pecans.
- ☐ Transfer the dough to a work surface and divide the dough in half. Roughly shape each half into a 8-inch log about 2 inches in diameter.
- ☐ Wrap each log in plastic wrap and place in the freezer until firm, about 4 hours, but overnight is best. The dough can sit in the freezer for up to two weeks and about a month if wrapped and then placed in an airtight container.
- ☐ Roll logs of dough in pecans, cut into rounds: Preheat the oven to 350°F with racks on the upper and lower thirds. Finely chop the remaining 1 1/2 cups of pecans. Unwrap one of the logs of dough and roll in the pecans.
- ☐ Cut into 1/4-inch-thick rounds. Space 1-inch apart on baking sheets lined with parchment paper or silicone mats.
- ☐ Bake:

- ☐ Bake the cookies at 350°F for 18–20 minutes or until the edges are a lightly golden. Rotate the cookies halfway through to ensure even baking.
- ☐ Let cool on the sheets for a minute or two before transferring to a wire rack to cool completely. Repeat with remaining cookie dough.

Nutrition Facts



Properties

Glycemic Index:3.37, Glycemic Load:8.41, Inflammation Score:-2, Nutrition Score:3.1030434697219%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 162.23kcal (8.11%), Fat: 11.97g (18.41%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 11.9g (4.33%), Sugar: 5.05g (5.61%), Cholesterol: 21.26mg (7.09%), Sodium: 75.69mg (3.29%), Alcohol: 0.17g (100%), Alcohol %: 0.66% (100%), Protein: 1.73g (3.45%), Manganese: 0.31mg (15.64%), Vitamin B1: 0.11mg (7.35%), Selenium: 3.73µg (5.33%), Vitamin A: 255.48IU (5.11%), Folate: 18.69µg (4.67%), Copper: 0.08mg (4.1%), Vitamin B2: 0.06mg (3.78%), Iron: 0.58mg (3.21%), Fiber: 0.78g (3.11%), Vitamin B3: 0.62mg (3.1%), Phosphorus: 30.65mg (3.07%), Magnesium: 9.2mg (2.3%), Zinc: 0.34mg (2.26%), Vitamin E: 0.3mg (2.03%), Vitamin B5: 0.12mg (1.15%), Potassium: 39.45mg (1.13%), Calcium: 10.45mg (1.05%)