



Crisp Pecan Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 5 tablespoons butter softened
- ☐ 1 large egg white
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons pecans toasted finely chopped
- ☐ 0.3 cup powdered sugar divided
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring with a whisk.
- ☐ Combine brown sugar and butter in a bowl, and beat with a mixer at high speed until light and fluffy.
- ☐ Add the vanilla extract and egg white, and beat for 1 minute. Stir in the flour mixture and chopped pecans. Refrigerate the dough for 30 minutes.
- ☐ Preheat oven to 350
- ☐ Place 1/4 cup powdered sugar in a small bowl. With moist hands, shape dough into 30 (1/2-inch) balls.
- ☐ Roll balls in 1/4 cup powdered sugar.
- ☐ Place 2 inches apart on baking sheets coated with cooking spray.
- ☐ Place pans in freezer for 10 minutes.
- ☐ Bake at 350 for 12 minutes or until cookies are golden. Cool on pans 2 minutes.
- ☐ Remove from pans; cool completely on wire racks. Using a fine sieve, sprinkle the remaining powdered sugar over the cookies.

Nutrition Facts



 PROTEIN **3.62%**  FAT **32.23%**  CARBS **64.15%**

Properties

Glycemic Index:7.57, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:1.059130438401%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 72.85kcal (3.64%), Fat: 2.66g (4.08%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 11.68g (4.25%), Sugar: 8.49g (9.44%), Cholesterol: 5.02mg (1.67%), Sodium: 45.45mg (1.98%), Alcohol: 0.05g (100%), Alcohol %: 0.33% (100%), Protein: 0.67g (1.34%), Manganese: 0.08mg (3.93%), Vitamin B1: 0.04mg (2.63%), Selenium: 1.79µg (2.56%), Folate: 8.03µg (2.01%), Vitamin B2: 0.03mg (1.64%), Iron: 0.28mg (1.56%), Vitamin B3: 0.27mg (1.34%), Calcium: 12.01mg (1.2%), Vitamin A: 58.87IU (1.18%), Copper: 0.02mg (1.1%)