



Crispy Pecan Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon ice water
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup powdered sugar
- ☐ 36 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla extract

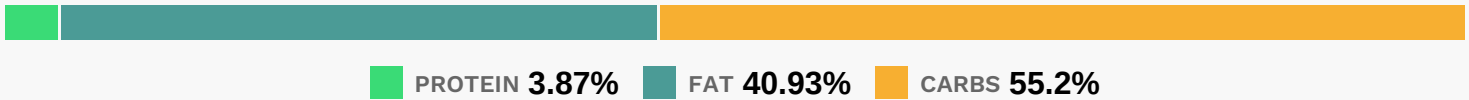
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar, beating well.
- ☐ Combine flour and salt; add to butter mixture, beating at low speed until blended. Stir in pecans, vanilla, and 1 tablespoon ice water.
- ☐ Shape dough into 4-inch sticks.
- ☐ Place sticks on lightly greased baking sheets.
- ☐ Bake at 350 for 12 to 15 minutes or until browned.
- ☐ Roll in powdered sugar. Store in airtight container 2 weeks, or freeze 2 months.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:1.8117391198226%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 104.21kcal (5.21%), Fat: 4.81g (7.39%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 14.11g (5.13%), Sugar: 8.83g (9.81%), Cholesterol: 6.78mg (2.26%), Sodium: 36.79mg (1.6%), Alcohol: 0.12g (100%), Alcohol %: 0.69% (100%), Protein: 1.02g (2.04%), Manganese: 0.18mg (9.24%), Vitamin B1: 0.07mg

(4.98%), Selenium: 2.55µg (3.65%), Folate: 13.47µg (3.37%), Vitamin B2: 0.04mg (2.43%), Copper: 0.05mg (2.36%), Iron: 0.41mg (2.25%), Vitamin B3: 0.45mg (2.24%), Fiber: 0.48g (1.91%), Phosphorus: 16.67mg (1.67%), Vitamin A: 80.48IU (1.61%), Magnesium: 5.3mg (1.33%), Zinc: 0.19mg (1.27%)