



Crunchy Pecan Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



42

CALORIES



47 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 3 large egg whites lightly beaten
- ☐ 1.5 cups pecans
- ☐ 0.3 cup potato flour
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

Equipment

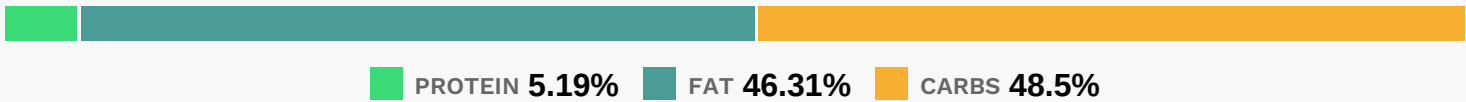
- ☐ food processor

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Line a large baking sheet with parchment paper.
- ☐ Coarsely chop 1 cup pecans and set aside. Pulse remaining 1/2 cup pecans in a food processor with sugar, potato starch, salt, and cinnamon until finely ground (be careful not to pulse to a paste), then stir into egg whites. Stir in remaining cup chopped pecans.
- ☐ Drop 1/2 tablespoons of batter 2 inches apart on baking sheet and bake until cookies are lightly browned and slightly puffed, 15 to 17 minutes. Slide parchment onto a rack and cool cookies completely (cookies will crisp as they cool), then remove from paper.
- ☐ Bake and cool 2 more parchment-lined sheets of cookies in same manner.
- ☐ Cookies can be made 1 week ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:1.0199999799547%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 47.42kcal (2.37%), Fat: 2.57g (3.95%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.65g (2.05%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 18.33mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Manganese: 0.16mg (8.23%), Copper: 0.05mg (2.26%), Vitamin B1: 0.03mg (1.71%), Fiber: 0.4g (1.61%), Magnesium: 5.16mg (1.29%), Phosphorus: 11.76mg (1.18%), Zinc:

0.17mg (1.11%)