



Eggless Butter Pecan Cookies

 Vegetarian

READY IN



27 min.

SERVINGS



24

CALORIES



105 kcal

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1 Package butterscotch pudding mix instant (I Used Jello Brand Pudding And Pie Mix)
- ☐ 0.5 cup pecans chopped
- ☐ 0.8 cup butter unsalted softened (I Used 1.5 Stick Smart Balance)

Equipment

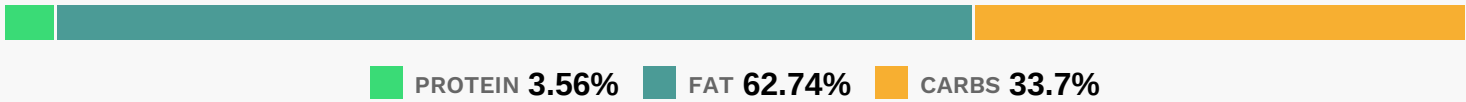
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

☐ hand mixer

Directions

- ☐ Preheat oven at 375F for 15 minutes.In a small mixing bowl, cream butter and pudding mix until smooth. I used a hand held electric mixer.Gradually beat in flour.Fold in pecans.Grease a tablespoon with non stick cooking spray.Take a tablespoonful of dough and drop it on the baking sheet 2 inch apart.Flatten the dough using your fingers.
- ☐ Bake it for 10–13 minutes or until light golden brown. Mine were perfectly done at 11 minutes.
- ☐ Remove it from the oven and let it cool on the baking sheet itself for 5 minutes.Then transfer it to a wire cooling rack and let it cool completely before storing it in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:3.6, Inflammation Score:-2, Nutrition Score:1.7521739076499%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 105.41kcal (5.27%), Fat: 7.47g (11.49%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.61g (3.13%), Sugar: 3.29g (3.65%), Cholesterol: 15.25mg (5.08%), Sodium: 26.31mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Manganese: 0.15mg (7.36%), Vitamin B1: 0.07mg (4.43%), Vitamin A: 178.54IU (3.57%), Selenium: 2.4µg (3.43%), Folate: 12.63µg (3.16%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.41mg (2.07%), Iron: 0.36mg (2.02%), Copper: 0.04mg (1.93%), Fiber: 0.42g (1.67%), Phosphorus: 15.1mg (1.51%), Vitamin E: 0.2mg (1.34%), Magnesium: 4.32mg (1.08%), Zinc: 0.16mg (1.04%)