

# Elizabeth Dole's Pecan Roll Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



88 kcal

DESSERT

## Ingredients

- 1 cup butter softened
- 0.3 cup powdered sugar for decoration
- 2 cups flour all-purpose
- 2 cups pecans chopped
- 1 teaspoon vanilla extract
- 1 tablespoon water cold

## Equipment

- baking sheet

oven

knife

## Directions

Preheat oven to 275 degrees F (135 degrees C).

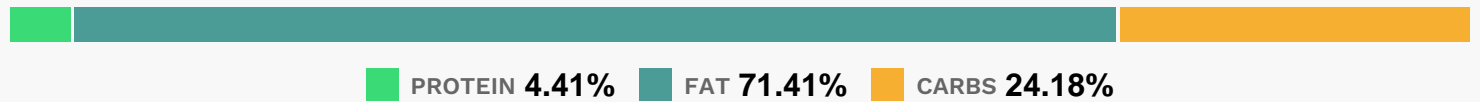
Beat butter or margarine and sugar until creamy. Beat in water and vanilla. Gradually beat in flour. Stir in chopped pecans.

With floured hands, roll 2 teaspoons dough for each cookie into an oblong shape. Press slight indentation down the center of each cookie with a knife.

Bake on greased baking sheets for 45 minutes.

Roll in confectioners' sugar while still warm.

## Nutrition Facts



## Properties

Glycemic Index:2.81, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.9773912985364%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 87.73kcal (4.39%), Fat: 7.16g (11.01%), Saturated Fat: 2.72g (17%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.87g (1.77%), Sugar: 1.02g (1.14%), Cholesterol: 10.17mg (3.39%), Sodium: 30.55mg (1.33%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 0.99g (1.99%), Manganese: 0.24mg (12.01%), Vitamin B1: 0.07mg (4.74%), Copper: 0.06mg (3.11%), Selenium: 1.99µg (2.84%), Folate: 10.67µg (2.67%), Vitamin A: 120.73IU (2.41%), Fiber: 0.58g (2.31%), Iron: 0.36mg (1.99%), Vitamin B2: 0.03mg (1.97%), Phosphorus: 19.35mg (1.93%), Vitamin B3: 0.36mg (1.81%), Magnesium: 6.75mg (1.69%), Zinc: 0.25mg (1.64%), Vitamin E: 0.18mg (1.18%)