



Frosted Pecan Butter Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 2.5 cups powdered sugar
- 0.8 cup cornstarch
- 1.5 cups flour all-purpose
- 3 tablespoons juice of lemon
- 2 tablespoons milk
- 0.5 cup pecans chopped
- 1 drops food coloring yellow

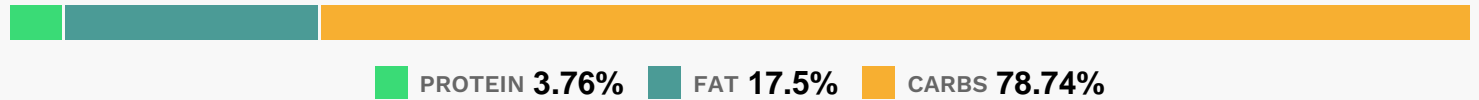
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and confectioners' sugar; beat in milk.
- Combine flour and cornstarch; gradually add to creamed mixture. Cover and refrigerate for 1 hour or until easy to handle.
- Roll dough into 1-in. balls. Dip each ball halfway into pecans.
- Place nut side down 2 in. apart on ungreased baking sheets. Flatten slightly.
- Bake at 350° for 13–15 minutes or until lightly browned.
- Remove to wire racks to cool. In a small bowl, combine frosting ingredients until smooth. Frost cooled cookies.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:1.7808695623408%

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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.34kcal (5.67%), Fat: 2.23g (3.43%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 22.12g (8.04%), Sugar: 12.44g (13.83%), Cholesterol: 1.4mg (0.47%), Sodium: 5.01mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Manganese: 0.16mg (7.92%), Vitamin B1: 0.08mg (5.17%), Selenium: 2.95µg (4.22%), Folate: 15.19µg (3.8%), Vitamin B2: 0.05mg (2.71%), Iron: 0.45mg (2.49%), Vitamin B3: 0.49mg (2.46%), Copper: 0.04mg (2.08%), Fiber: 0.47g (1.88%), Phosphorus: 16.8mg (1.68%), Magnesium: 4.86mg (1.22%), Zinc: 0.17mg (1.12%)