



GrandLady's Cinnamon Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 3 cups pecans finely chopped
- ☐ 1 cup sugar

Equipment

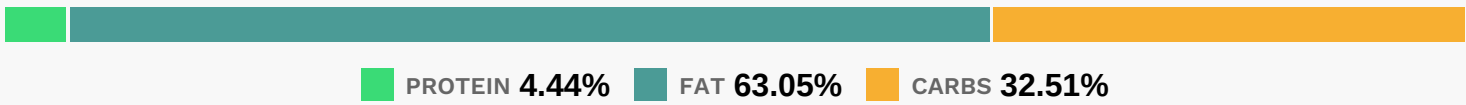
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ pizza cutter

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer 2 to 3 minutes or until light and fluffy.
- ☐ Add flour and cinnamon, beating well. (Dough will be stiff.)
- ☐ Roll dough to 1/8-inch thickness between sheets of parchment paper.
- ☐ Remove top sheet of parchment, and invert dough onto a lightly greased baking sheet.
- ☐ Remove parchment paper, and press pecans evenly into dough.
- ☐ Bake cookies at 350 for 15 minutes; reduce heat to 250, and bake 10 more minutes.
- ☐ Remove from oven, and cut cookies (while dough is hot) into 3- x 1 1/2-inch rectangles, using a pizza cutter. Cool on a wire rack.
- ☐ Sprinkle cookie crumbs that remain from cutting over bowl of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:3.5252174216768%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 145.5kcal (7.27%), Fat: 10.6g (16.3%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 11.12g (4.04%), Sugar: 5.93g (6.59%), Cholesterol: 15.57mg (5.19%), Sodium: 30.87mg (1.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.5mg (24.77%), Vitamin B1: 0.12mg (7.71%), Copper: 0.12mg (6.03%), Fiber: 1.18g (4.71%), Selenium: 3.07µg (4.38%), Folate: 15.59µg (3.9%), Phosphorus: 35.89mg (3.59%), Iron: 0.59mg (3.27%), Zinc: 0.48mg (3.2%), Magnesium: 12.77mg (3.19%), Vitamin B2: 0.05mg (3.03%), Vitamin A: 131.13IU (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.26mg (1.73%), Potassium: 47.42mg (1.35%), Vitamin B5: 0.13mg (1.3%), Vitamin B6: 0.02mg (1.22%), Calcium: 11.46mg (1.15%)