



Great Grandma's Nut Butter Balls

READY IN



30 min.

SERVINGS



48

CALORIES



78 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup butter softened
- 2 cups cake flour
- 1 cup powdered sugar
- 1 cup pecans chopped
- 1 teaspoon vanilla extract

Equipment

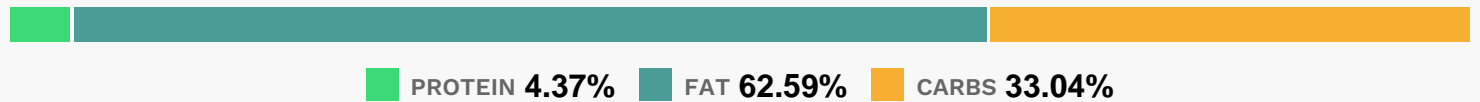
- bowl
- baking sheet

oven

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- In a large bowl, cream together the butter, 1 cup confectioners' sugar and vanilla until smooth. Stir in the cake flour, then fold in the pecans.
- Roll dough into 1 inch balls and place them 1 inch apart onto ungreased cookie sheets.
- Bake for 15 to 19 minutes in the preheated oven, until lightly browned. Cool cookies completely before rolling in additional confectioners' sugar. If you are storing the cookies in a tin, add remaining sugar to the tin.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:2.46, Inflammation Score:-1, Nutrition Score:1.1256521796889%

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: 78.37kcal (3.92%), Fat: 5.56g (8.55%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.56g (2.85%), Cholesterol: 10.17mg (3.39%), Sodium: 30.57mg (1.33%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 0.87g (1.74%), Manganese: 0.14mg (7.19%), Selenium: 2.22µg (3.17%), Vitamin A: 119.56IU (2.39%), Copper: 0.04mg (1.85%), Fiber: 0.34g (1.37%), Vitamin B1: 0.02mg (1.29%), Phosphorus: 12.48mg (1.25%), Vitamin E: 0.16mg (1.08%), Magnesium: 4.15mg (1.04%), Zinc: 0.15mg (1.01%)