



John's Pecan-Lace Cookies

READY IN



75 min.

SERVINGS



55

CALORIES



52 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar packed
- 0.5 cup butter unsalted (1 stick)
- 0.5 cup plus light
- 1 serving salt
- 1 teaspoon orange zest grated
- 1 cup pecans finely chopped
- 0.7 cup cake flour (spooned and leveled)

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- wire rack
- plastic wrap

Directions

- In a medium saucepan, heat sugar, butter, corn syrup, and a pinch of salt over medium, stirring, until sugar has dissolved, about 7 minutes.
- Remove pan from heat; stir in orange zest, pecans, and flour.
- Transfer to a bowl; cover with plastic wrap, and refrigerate until dough is firm, about 2 hours.
- Preheat oven to 350 degrees. Line two large baking sheets with parchment. Drop dough by teaspoons, about 2 inches apart, onto sheets (6 per sheet); roll into balls.
- Bake until cookies are golden brown (they will harden as they cool), 9 to 10 minutes.
- Transfer cookies on parchment to a wire rack. Repeat with remaining dough.
- Let cookies cool completely.

Nutrition Facts



PROTEIN 2.73% **FAT 50.11%** **CARBS 47.16%**

Properties

Glycemic Index:1.75, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:0.68608694021469%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 51.65kcal (2.58%), Fat: 3g (4.62%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.04g (5.61%), Cholesterol: 4.44mg (1.48%), Sodium: 6.45mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Manganese: 0.09mg (4.74%), Copper: 0.03mg (1.3%), Vitamin A: 52.76IU (1.06%), Selenium: 0.74µg (1.06%)