



Louisiana Pecan Balls

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 lb butter at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 4 oz pecans chopped
- ☐ 2 cups powdered sugar
- ☐ 2 teaspoons vanilla

Equipment

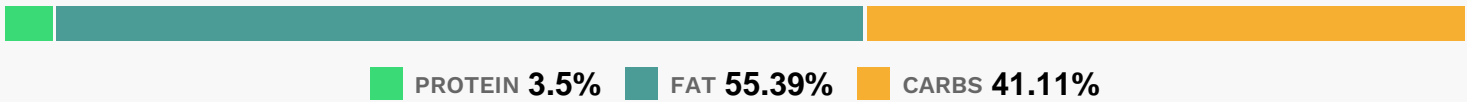
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ In a large bowl, with a mixer on medium speed, beat 1 cup butter, 1/2 cup powdered sugar, and vanilla until smooth.
- ☐ In a medium bowl, mix flour and baking powder.
- ☐ Add to butter mixture, stir to mix, then beat until well blended. Stir in pecans.
- ☐ Shape dough into 1-inch balls and place about 1 inch apart on buttered
- ☐ - by 15-inch baking sheets.
- ☐ Bake in a 300 regular or convection oven until cookies are pale golden brown, about 25 minutes. If baking two sheets at once in one oven, switch their positions halfway through baking.
- ☐ Let cookies stand on sheets until cool enough to handle.
- ☐ Place remaining 1 1/2 cups powdered sugar in a shallow bowl.
- ☐ Roll warm cookies in powdered sugar to coat all over; discard remaining sugar. Set cookies on racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:4.96, Inflammation Score:-2, Nutrition Score:2.5269565234042%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 152.75kcal (7.64%), Fat: 9.57g (14.73%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 15.98g (5.33%),
Net Carbohydrates: 15.35g (5.58%), Sugar: 8.61g (9.57%), Cholesterol: 17.41mg (5.8%), Sodium: 56.24mg (2.45%),
Alcohol: 0.1g (100%), Alcohol %: 0.42% (100%), Protein: 1.36g (2.73%), Manganese: 0.24mg (12.21%), Vitamin B1:
0.1mg (6.48%), Selenium: 3.31µg (4.73%), Folate: 17.47µg (4.37%), Vitamin A: 204.68IU (4.09%), Vitamin B2: 0.05mg
(3.18%), Copper: 0.06mg (3.11%), Iron: 0.53mg (2.93%), Vitamin B3: 0.58mg (2.9%), Fiber: 0.63g (2.52%),
Phosphorus: 23.6mg (2.36%), Magnesium: 7.07mg (1.77%), Zinc: 0.25mg (1.7%), Vitamin E: 0.25mg (1.67%)