



Louisiana Pecan Balls

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



4277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

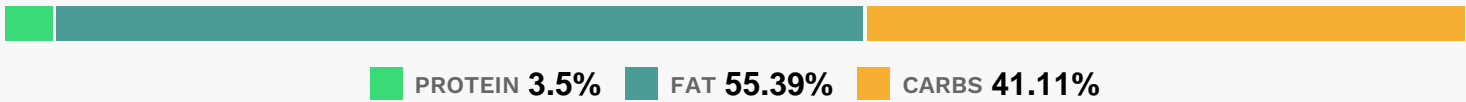
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In a large bowl, with an electric mixer on medium speed, beat butter, 1/2 cup powdered sugar, and the vanilla until smooth.
- ☐ In a medium bowl, mix flour and baking powder.
- ☐ Add to butter mixture and beat on low speed to mix, then on medium speed until well blended. Stir in pecans.
- ☐ Shape dough into 1-inch balls and place about 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- ☐ Bake in a 300 regular or convection oven until cookies are pale golden brown, about 25 minutes; if baking more than one pan at a time, switch pan 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. Gently turn warm cookies, a few at a time, in powdered sugar to coat. Set cookies on racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:227, Glycemic Load:138.83, Inflammation Score:-10, Nutrition Score:53.676521933597%

Flavonoids

Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg

Nutrients (% of daily need)

Calories: 4276.88kcal (213.84%), Fat: 268.03g (412.36%), Saturated Fat: 123.97g (774.81%), Carbohydrates: 447.48g (149.16%), Net Carbohydrates: 429.84g (156.31%), Sugar: 241.04g (267.83%), Cholesterol: 487.61mg (162.54%), Sodium: 1574.82mg (68.47%), Alcohol: 2.75g (100%), Alcohol %: 0.42% (100%), Protein: 38.16g (76.31%), Manganese: 6.84mg (341.8%), Vitamin B1: 2.72mg (181.54%), Selenium: 92.77µg (132.53%), Folate: 489.25µg (122.31%), Vitamin A: 5731.14IU (114.62%), Vitamin B2: 1.51mg (88.98%), Copper: 1.74mg (87.17%), Iron: 14.78mg (82.1%), Vitamin B3: 16.22mg (81.08%), Fiber: 17.64g (70.55%), Phosphorus: 660.93mg (66.09%), Magnesium: 197.98mg (49.49%), Zinc: 7.12mg (47.49%), Vitamin E: 7mg (46.66%), Calcium: 233.35mg (23.33%), Vitamin B5: 2.33mg (23.26%), Potassium: 803.7mg (22.96%), Vitamin K: 20.59µg (19.61%), Vitamin B6: 0.36mg (17.85%), Vitamin B12: 0.39µg (6.43%), Vitamin C: 1.25mg (1.51%)