

Maple Pecan Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 teaspoon maple extract flavored
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

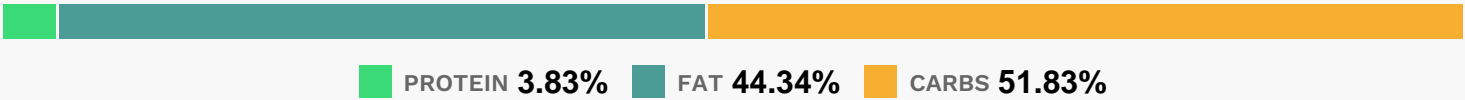
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cream the butter with the brown sugar and 3/4 cup of the white sugar.
- ☐ Mix in the vanilla and maple extract and beat for 1 minute. Beat in the egg until just blended.
- ☐ Add the pecans, mixing at low speed until the pecans are evenly distributed throughout the batter.
- ☐ Add the flour and mix at medium speed until the flour is thoroughly incorporated.
- ☐ Shape the dough into 1 1/2 inch to 2 inch balls.
- ☐ Roll the balls in the extra white sugar.
- ☐ Place the balls on ungreased cookie sheets leaving about 2 inches between balls. Flatten ball to about 1/4 inch thick with your hand or a cookie stamp.
- ☐ Bake cookies for 7 to 9 minutes or until the edges are slightly browned.
- ☐ Let cookies cool on baking sheet for 1 to 2 minutes before transferring them to a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:6.51, Inflammation Score:-1, Nutrition Score:1.4804347810214%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 96.11kcal (4.81%), Fat: 4.82g (7.41%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 12.38g (4.5%), Sugar: 7.57g (8.41%), Cholesterol: 13.58mg (4.53%), Sodium: 32.85mg (1.43%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.94g (1.87%), Manganese: 0.1mg (4.92%), Vitamin B1: 0.06mg (3.95%), Selenium: 2.65µg (3.78%), Folate: 12.77µg (3.19%), Vitamin A: 123.77IU (2.48%), Vitamin B2: 0.04mg (2.37%), Iron: 0.37mg (2.08%), Vitamin B3: 0.4mg (2.02%), Phosphorus: 13.27mg (1.33%), Copper: 0.03mg (1.28%), Fiber: 0.28g (1.14%)