



Maple Pecan Shortbread

 Dairy Free

READY IN



160 min.

SERVINGS



40

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup pecans toasted finely chopped
- ☐ 0.3 cup coarse salt
- ☐ 40 cashew pieces

☐ 3 tablespoons maple syrup

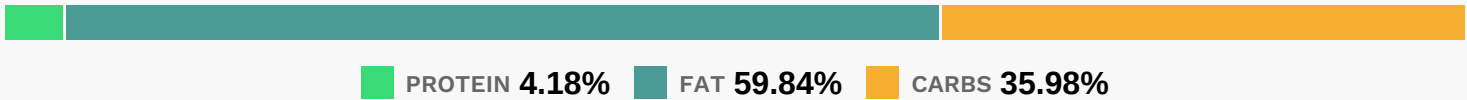
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In large bowl, beat butter, 1/2 cup of the maple sugar, the vanilla and salt with electric mixer on medium speed 3 minutes or until light and fluffy. On low speed, gradually add flour, beating just until blended. Stir in chopped pecans.
- ☐ Shape dough into 11x2-inch log.
- ☐ Mix remaining 1/4 cup maple sugar and coarse sugar; roll dough log in sugar mixture, pressing lightly to coat. Wrap in plastic wrap; refrigerate 2 hours or until firm.
- ☐ Heat oven to 350°F. Unwrap dough; cut into 40 (1/4-inch) slices. On ungreased cookie sheets, place slices 1 inch apart. Top each slice with pecan half.
- ☐ Bake 12 to 14 minutes or until edges are golden brown. Cool 2 minutes; remove from pans to cooling racks to cool completely.
- ☐ Brush cookies with maple syrup.
- ☐ Let stand until dry.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:6.12, Inflammation Score:-2, Nutrition Score:2.1969565190375%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg

Nutrients (% of daily need)

Calories: 106.61kcal (5.33%), Fat: 7.25g (11.16%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.36g (3.4%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 775.85mg (33.73%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.14g (2.28%), Manganese: 0.22mg (11.07%), Vitamin B1: 0.07mg (4.59%), Vitamin A: 204.52IU (4.09%), Copper: 0.07mg (3.72%), Selenium: 2.28µg (3.26%), Vitamin B2: 0.05mg (3.14%), Folate: 11.04µg (2.76%), Iron: 0.43mg (2.4%), Phosphorus: 23.66mg (2.37%), Magnesium: 9.4mg (2.35%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.46g (1.84%), Zinc: 0.26mg (1.74%), Vitamin E: 0.23mg (1.54%)