



## Maple Pecan Shortbread

 Popular

READY IN



45 min.

SERVINGS



30

CALORIES



155 kcal

DESSERT

### Ingredients

- 0.5 cup cake flour
- 1 large egg white lightly beaten ( )
- 1 large egg yolk
- 2.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.3 cup maple sugar
- 0.3 cup maple syrup pure
- 0.5 cup pecan halves

- 0.5 cup pecans toasted finely chopped ( and )
- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 cup butter unsalted room temperature (2 sticks) ( )

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Mix the flours, salt and pecans in a large bowl.
- Cream the butter and sugars in a large bowl until light and fluffy.
- Beat in the maple syrup followed by the egg yolk.
- Mix in the flour until it forms a dough.
- Form the dough into a 1 1/2 inch thick log, wrap it in plastic and let it chill out in the fridge for 2 hours to over night.
- Slice the log into 1/4 inch thick slices.
- Place the cookies on a baking sheet 1 inch apart from each other, brush with the egg white and top with the pecan laves and the turbinado sugar.
- Bake the cookies in a 350F preheated oven until lightly golden brown on the edges, about 10-12 minutes, turning the baking sheet around half way through.

## Nutrition Facts



**PROTEIN 4.57%** **FAT 50.35%** **CARBS 45.08%**

## Properties

Glycemic Index:11.05, Glycemic Load:10.28, Inflammation Score:-2, Nutrition Score:3.2213043055457%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## **Nutrients (% of daily need)**

Calories: 154.81kcal (7.74%), Fat: 8.81g (13.55%), Saturated Fat: 4.17g (26.03%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 17.12g (6.23%), Sugar: 8.44g (9.38%), Cholesterol: 22.39mg (7.46%), Sodium: 42.46mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Manganese: 0.38mg (18.98%), Selenium: 4.78µg (6.83%), Vitamin B1: 0.1mg (6.69%), Vitamin B2: 0.1mg (5.72%), Folate: 19.67µg (4.92%), Vitamin A: 199.15IU (3.98%), Iron: 0.6mg (3.32%), Vitamin B3: 0.62mg (3.1%), Copper: 0.06mg (3.06%), Zinc: 0.39mg (2.61%), Phosphorus: 25.55mg (2.56%), Fiber: 0.62g (2.48%), Magnesium: 7.85mg (1.96%), Vitamin E: 0.25mg (1.67%), Potassium: 41.87mg (1.2%), Calcium: 11.61mg (1.16%), Vitamin B5: 0.11mg (1.07%)