



Martha Washington Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



36 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 2 egg whites
- ☐ 1 cup pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

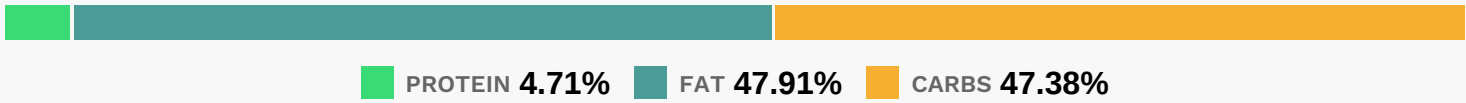
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Beat egg whites and salt until foamy; gradually add brown sugar and vanilla.
- ☐ Continue beating until stiff peaks are formed. Fold in pecan halves.
- ☐ Drop by teaspoon onto greased cookie sheet.
- ☐ Bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.76347825400855%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 35.83kcal (1.79%), Fat: 1.98g (3.05%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 4.15g (1.51%), Sugar: 4.09g (4.55%), Cholesterol: 0mg (0%), Sodium: 20.07mg (0.87%), Alcohol: 0.06g (100%), Alcohol %: 0.84% (100%), Protein: 0.44g (0.88%), Manganese: 0.13mg (6.35%), Copper: 0.04mg (1.77%), Vitamin B1: 0.02mg (1.22%), Fiber: 0.26g (1.06%)