



## Meltaways

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup confectioners' sugar for decoration
- 2 cups flour all-purpose
- 0.8 cup pecans chopped
- 0.3 teaspoon salt
- 1 cup butter unsalted
- 0.5 teaspoon vanilla extract
- 1 tablespoon water

4 tablespoons fructose (fruit sugar)

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## Equipment

baking sheet

oven

hand mixer

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Cream butter with an electric mixer until light. Gradually add the fructose and beat thoroughly. Beat in the almond extract, vanilla extract and water.

Combine the flour, salt and pecans.

Add to the creamed mixture, a little at a time, beating well after each addition.

Roll doll into date-sized balls and place on ungreased baking sheets.

Bake at 325 degrees F (165 degrees C) for 13 to 14 minutes.

Roll in confectioners' sugar while warm and then again once cool.

## Nutrition Facts



**PROTEIN 4.25%** **FAT 66.52%** **CARBS 29.23%**

## Properties

Glycemic Index:1.77, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.3252174084925%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 68.12kcal (3.41%), Fat: 5.11g (7.87%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.91g (1.01%), Cholesterol: 10.17mg (3.39%), Sodium: 12.78mg (0.56%), Alcohol: 0.03g (100%), Alcohol %: 0.28% (100%), Protein: 0.73g (1.47%), Manganese: 0.11mg (5.63%), Vitamin B1: 0.05mg (3.49%), Selenium: 1.88µg (2.69%), Folate: 10.05µg (2.51%), Vitamin A: 119.14IU (2.38%), Vitamin B2: 0.03mg (1.75%), Vitamin B3: 0.33mg (1.65%), Iron: 0.29mg (1.59%), Copper: 0.03mg (1.44%), Fiber: 0.3g (1.22%), Phosphorus: 11.48mg (1.15%)