



Mexican Bride Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.5 cup confectioners' sugar
- 2 cups flour all-purpose
- 1 cup pecans chopped
- 1 pinch salt
- 1 tablespoon vanilla extract

Equipment

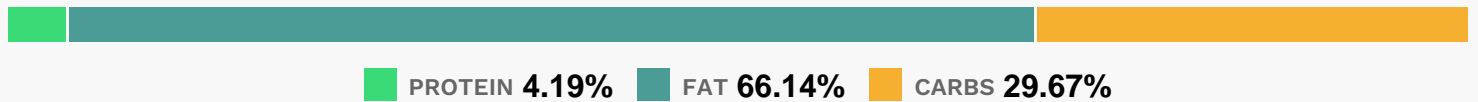
- bowl

- baking sheet
- oven
- pastry cutter

Directions

- Preheat oven 350 degrees F (150 degrees C).
- Mix the flour, sugar, salt, and nuts together in a medium bowl. Stir in the vanilla. Either with your hands (my favorite way) or with a pastry cutter, work the butter into the flour mixture until it becomes a ball. Shape the dough into 24 one inch flat circles, and place on a cookie sheet.
- Bake for 30 minutes or until they are lightly browned. After they have cooled on a rack, dust them heavily with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:5.77, Inflammation Score:-2, Nutrition Score:2.8826086713892%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 148.4kcal (7.42%), Fat: 11.04g (16.99%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.43g (3.79%), Sugar: 2.73g (3.03%), Cholesterol: 20.34mg (6.78%), Sodium: 62.74mg (2.73%), Alcohol: 0.19g (100%), Alcohol %: 0.86% (100%), Protein: 1.57g (3.15%), Manganese: 0.28mg (13.84%), Vitamin B1: 0.11mg (7.49%), Selenium: 3.81µg (5.45%), Folate: 20.35µg (5.09%), Vitamin A: 238.91IU (4.78%), Vitamin B2: 0.06mg (3.62%), Copper: 0.07mg (3.5%), Vitamin B3: 0.67mg (3.37%), Iron: 0.6mg (3.35%), Fiber: 0.72g (2.87%), Phosphorus: 26.13mg (2.61%), Magnesium: 8.04mg (2.01%), Vitamin E: 0.29mg (1.93%), Zinc: 0.29mg (1.92%)