



Mexican Pecan Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



90

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 2 cups very butter soft
- ☐ 0.3 cup confectioners' sugar
- ☐ 4 cups flour all-purpose
- ☐ 3.5 cups pecans chopped

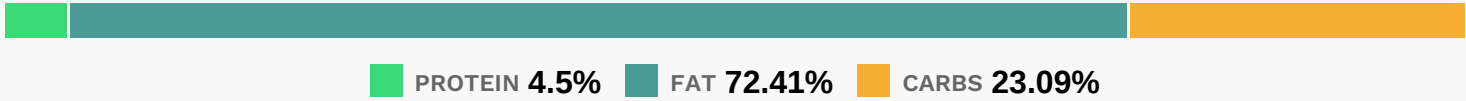
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mash together the flour, butter, pecans, and 1/4 cup of confectioners' sugar in a bowl until the mixture is thoroughly combined and forms a soft dough. Pinch off about 2 teaspoons of dough per cookie, and roll into 3/4-inch balls.
- ☐ Place the balls on ungreased cookie sheets.
- ☐ Bake in the preheated oven until the bottoms of the cookies are lightly golden brown but the tops are still pale, 8 to 12 minutes.
- ☐ Let the cookies cool completely, then roll in remaining confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:1.9626087058821%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 86.98kcal (4.35%), Fat: 7.2g (11.07%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.61g (1.68%), Sugar: 0.51g (0.57%), Cholesterol: 10.85mg (3.62%), Sodium: 32.55mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Manganese: 0.23mg (11.43%), Vitamin B1: 0.07mg (4.79%), Selenium: 2.1µg (3%), Copper: 0.06mg (2.94%), Folate: 11.25µg (2.81%), Vitamin A: 128.43IU (2.57%), Fiber: 0.56g (2.23%), Vitamin B2: 0.03mg (2.04%), Iron: 0.37mg (2.03%), Phosphorus: 18.95mg (1.9%), Vitamin B3: 0.38mg (1.9%), Magnesium: 6.45mg (1.61%), Zinc: 0.24mg (1.57%), Vitamin E: 0.18mg (1.2%)