



Molasses Cigarillos

 Vegetarian

READY IN



89 min.

SERVINGS



23

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 6 tablespoons brown sugar light
- 3 tablespoons blackstrap molasses
- 0.8 cup ground pecans
- 1 teaspoon vanilla extract

Equipment

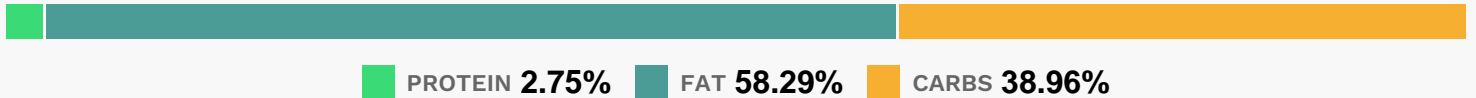
- baking sheet

- sauce pan
- oven
- whisk
- aluminum foil

Directions

- Combine first 3 ingredients in a small saucepan. Cook over medium–low heat 1 to 2 minutes or until butter melts and sugar dissolves, whisking constantly.
- Remove from heat. Stir in vanilla.
- Combine ground pecans and flour; add to molasses mixture, stirring until blended.
- Working in batches, making 2 cookies at a time, drop batter by 1 tablespoonful onto a lightly greased aluminum foil–lined baking sheet (keep remaining batter covered with a damp cloth).
- Bake at 350 for 8 minutes or until golden.
- Let stand 2 minutes (no longer). Working quickly, carefully roll each delicate cookie into a tight cigarette shape. Cool completely on wire racks.
- Serve within 3 hours.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:1.4660869661881%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg

Nutrients (% of daily need)

Calories: 64.91kcal (3.25%), Fat: 4.34g (6.68%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.18g (2.25%), Sugar: 5.14g (5.71%), Cholesterol: 5.3mg (1.77%), Sodium: 17.75mg (0.77%), Alcohol:

0.06g (100%), Alcohol %: 0.58% (100%), Protein: 0.46g (0.92%), Manganese: 0.2mg (9.84%), Copper: 0.05mg (2.75%), Magnesium: 10.87mg (2.72%), Vitamin B1: 0.03mg (2.21%), Potassium: 57.79mg (1.65%), Iron: 0.29mg (1.62%), Selenium: 1.11µg (1.59%), Fiber: 0.35g (1.39%), Vitamin B6: 0.03mg (1.31%), Vitamin A: 63.47IU (1.27%), Phosphorus: 11.95mg (1.19%), Zinc: 0.17mg (1.11%), Calcium: 11.02mg (1.1%)