



Nutty Almond Pecan Cookies



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



30

CALORIES



67 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 192 grams blanched almond flour
- ☐ 3 tablespoons coconut sugar
- ☐ 1 large egg yolk
- ☐ 3 tablespoons grade b maple syrup
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup pecans raw finely chopped for garnish
- ☐ 0.5 teaspoon sea salt

☐ 1 tablespoon apple sauce unsweetened

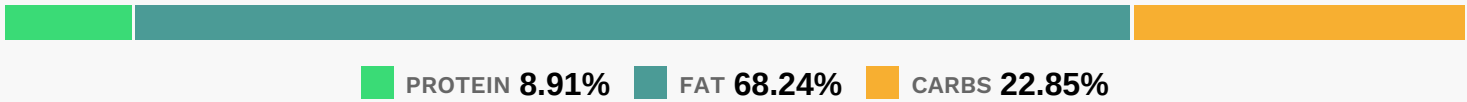
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In a large bowl, whisk together the almond flour, chopped pecans, coconut sugar, baking soda, and salt. In a small bowl, whisk together the egg yolk, maple syrup, olive oil, and applesauce.
- ☐ Pour the wet ingredients into the dry and stir to form a dough.Divide the dough in half.
- ☐ Roll each half into a log about 6 inches long and 1-1/2 to 2 inches in diameter. Wrap both logs in plastic wrap and freeze for 1-2 hours.Preheat the oven to 350°F. Line 2 baking sheets with parchment paper. Slice the frozen dough logs into 1/4-inch thick rounds.
- ☐ Place the cookies about 2 inches apart on the lined baking sheets. Gently press a pecan half into the center of each cookie.
- ☐ Bake for 12 to 15 minutes until golden brown and fragrant. Cool completely before serving. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:0.99217390617275%

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: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.32kcal (3.37%), Fat: 5.44g (8.37%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.26g (1.18%), Sugar: 2.35g (2.61%), Cholesterol: 6.12mg (2.04%), Sodium: 59.93mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Manganese: 0.12mg (6.04%), Fiber: 0.84g (3.37%), Vitamin B2: 0.03mg (1.81%), Calcium: 17.56mg (1.76%), Iron: 0.31mg (1.71%), Vitamin E: 0.17mg (1.15%), Copper: 0.02mg (1.02%)