



## Orange Pecan Cookies

READY IN



40 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

### Ingredients

- 0.8 cup butter softened
- 0.5 cup confectioners' sugar
- 1.8 cups flour all-purpose
- 0.5 teaspoon orange juice freshly squeezed
- 2 tablespoons orange zest divided grated
- 1 cup pecans finely chopped
- 0.5 cup semi-sweet chocolate chips
- 0.5 teaspoon vanilla extract

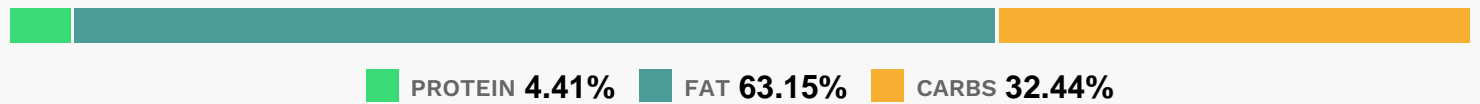
## Equipment

- bowl
- baking sheet
- oven
- microwave

## Directions

- Preheat the oven to 325 degrees F (165 degrees C). Stir together the flour and pecans; set aside.
- In a large bowl, cream together the butter and confectioners' sugar until light and fluffy. Beat in 1 tablespoon of orange zest, vanilla and orange juice. Stir in the flour and nuts until well blended.
- Roll the dough into 1 inch balls, and place them 1 inch apart on ungreased cookie sheets.
- Bake for 20 to 25 minutes, or until the edges are just starting to brown. Cool for about 10 minutes, then transfer to wire racks to cool completely.
- Place the chocolate chips in a small glass or ceramic bowl, and place in the microwave.
- Heat for 1 minute, then stir. Continue heating and stirring at 20 second intervals until smooth.
- Dip the cookies into the melted chocolate, and sprinkle the remaining orange zest over the top before the chocolate sets for decoration. Cool at room temperature or in the refrigerator until set, then store in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:5.19, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:2.1513043493032%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin:

0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 98.03kcal (4.9%), Fat: 7.01g (10.78%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.41g (2.7%), Sugar: 2.68g (2.97%), Cholesterol: 10.31mg (3.44%), Sodium: 30.82mg (1.34%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.1g (2.2%), Manganese: 0.21mg (10.51%), Vitamin B1: 0.07mg (4.61%), Copper: 0.08mg (3.8%), Selenium: 2.44µg (3.49%), Folate: 12.06µg (3.01%), Iron: 0.52mg (2.87%), Fiber: 0.68g (2.74%), Vitamin A: 122.69IU (2.45%), Magnesium: 9.46mg (2.37%), Phosphorus: 22.49mg (2.25%), Vitamin B2: 0.04mg (2.2%), Vitamin B3: 0.42mg (2.1%), Zinc: 0.25mg (1.66%), Vitamin E: 0.17mg (1.14%)