



Paradise Pecan Cookies

 Dairy Free

READY IN



15 min.

SERVINGS



100

CALORIES



18 kcal

DESSERT

Ingredients

- ☐ 3 egg whites
- ☐ 1 cup pecans chopped
- ☐ 20 saltines crushed
- ☐ 1 cup sugar

Equipment

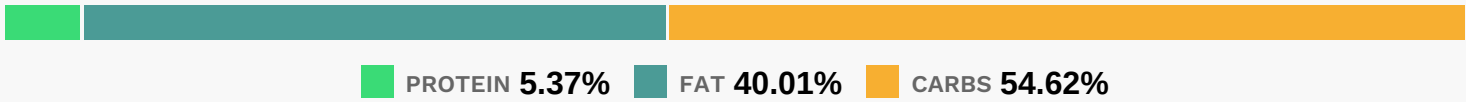
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- ☐ Line a baking sheet with parchment paper; lightly grease parchment paper.
- ☐ Beat egg whites at high speed with an electric mixer until soft peaks form. Gradually add sugar, and beat until stiff peaks form. Fold pecans and crackers into egg whites. Drop by rounded tablespoonfuls onto prepared baking sheet.
- ☐ Bake at 350 for 17 minutes or until lightly browned. Cool on baking sheet 1 minute.
- ☐ Remove to wire racks, and cool completely (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.37217391314714%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 18.21kcal (0.91%), Fat: 0.84g (1.3%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 7.16mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Manganese: 0.05mg (2.71%)