



Pecan and Brown Sugar Crescents

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flour
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup pecans lightly toasted
- ☐ 30 servings powdered sugar
- ☐ 1 pinch salt
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch pieces (1 stick)
- ☐ 1 teaspoon vanilla extract

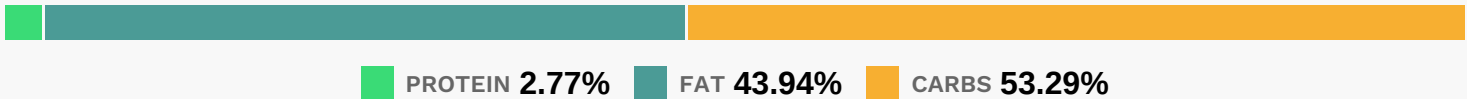
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325°F.
- ☐ Combine all ingredients except powdered sugar in processor. Using on/off turns, process until mixture resembles coarse meal; then process continuously until dough begins to come together.
- ☐ Roll 2 teaspoonfuls of dough between palms of hands to form 2 1/2-inch-long rope, tapering at ends.
- ☐ Place on ungreased baking sheet; curl in ends to form crescent shape. Repeat with remaining dough, spacing cookies 1 inch apart.
- ☐ Bake cookies until just firm to touch, about 20 minutes. Cool on sheet 5 minutes.
- ☐ Transfer to rack; cool. Sift powdered sugar over. (Can be made 3 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:1.3804347754011%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 97.95kcal (4.9%), Fat: 4.89g (7.53%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.98g (4.72%), Sugar: 9.73g (10.81%), Cholesterol: 8.13mg (2.71%), Sodium: 2.48mg (0.11%), Alcohol: 0.05g (100%), Alcohol %: 0.28% (100%), Protein: 0.69g (1.39%), Manganese: 0.15mg (7.38%), Vitamin B1: 0.05mg (3.28%), Selenium: 1.62µg (2.31%), Folate: 8.3µg (2.08%), Vitamin A: 96.03IU (1.92%), Copper: 0.04mg (1.9%), Vitamin B2: 0.03mg (1.57%), Iron: 0.28mg (1.54%), Fiber: 0.37g (1.47%), Vitamin B3: 0.28mg (1.4%), Phosphorus: 12.37mg (1.24%), Magnesium: 4.19mg (1.05%)