



Pecan and Sour Cream Sandies

READY IN



45 min.

SERVINGS



84

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup butter
- 1.5 cups confectioners' sugar sifted
- 1 eggs
- 2.3 cups flour all-purpose
- 1 tablespoon juice of lemon
- 0.5 cup pecans chopped
- 1 pinch salt
- 0.3 cup shortening

- 0.3 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

Equipment

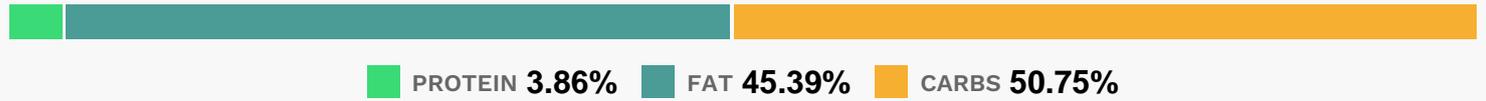
- food processor
- bowl
- baking sheet
- oven
- blender
- hand mixer
- cookie cutter

Directions

- Grind the 1/2 cup pecans in a blender, food processor, or food grinder.
- Combine the nuts with the flour and baking powder.
- In a separate bowl beat butter and shortening with an electric mixer for 30 seconds.
- Add the sugar and beat until fluffy.
- Add egg, sour cream and vanilla and beat until well mixed.
- Stir in the flour, baking powder and the ground nuts.
- Divide dough in half. Cover and chill at least 3 hours.
- Preheat oven to 375 degrees F.
- Work half of the dough at a time. Keep the other half refrigerated.
- Roll dough to 1/8-inch thickness on a lightly floured surface.
- Cut with desired cookie cutter.
- Place on an ungreased cookie sheet and bake 7-8 minutes or until done.
- Remove from sheet and cool on a rack.
- To make lemon glaze: Beat 1 egg white until frothy.
- Add 1 1/2 cups sifted powdered sugar, 1 tablespoon lemon juice and a dash of salt. Beat well.

Spread cookies with Lemon Glaze and sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:3.12, Inflammation Score:-1, Nutrition Score:0.81652174695678%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 51.53kcal (2.58%), Fat: 2.64g (4.07%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.96g (4.4%), Cholesterol: 5.39mg (1.8%), Sodium: 17.91mg (0.78%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.51g (1.01%), Manganese: 0.05mg (2.63%), Vitamin B1: 0.03mg (2.08%), Selenium: 1.39µg (1.99%), Folate: 6.65µg (1.66%), Vitamin B2: 0.02mg (1.33%), Iron: 0.19mg (1.07%), Vitamin B3: 0.21mg (1.04%)