



Pecan Butter Balls

 Dairy Free

READY IN



45 min.

SERVINGS



54

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 2 cups flour all-purpose
- ☐ 1 cup butter
- ☐ 2 cups pecans chopped
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

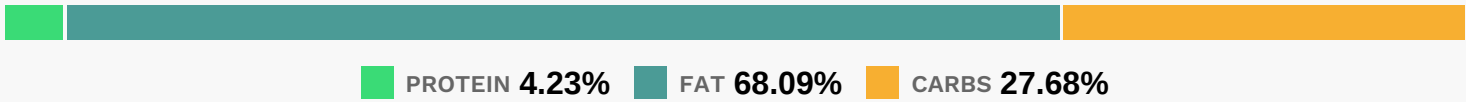
- ☐ bowl

☐ oven

Directions

- ☐ Sift together into a medium sized bowl the flour, sugar and vanilla. Work in the margarine with a spoon or hands until well blended.
- ☐ Add chopped pecans and mix well.
- ☐ Shape dough into 1 inch balls and put on ungreased pans.
- ☐ Bake in a preheated 325 degree F (165 degrees C) oven for about 25 minutes or until pale brown. When slightly cool roll or shake in confectioners' sugar. Store in an air tight container.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:3.22, Inflammation Score:-2, Nutrition Score:1.793043476246%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 81.53kcal (4.08%), Fat: 6.34g (9.75%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 5.29g (1.92%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 39.76mg (1.73%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 0.89g (1.77%), Manganese: 0.21mg (10.67%), Vitamin B1: 0.06mg (4.23%), Vitamin A: 152.63IU (3.05%), Copper: 0.06mg (2.76%), Selenium: 1.73µg (2.48%), Folate: 9.4µg (2.35%), Fiber: 0.51g (2.05%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.77%), Phosphorus: 17.15mg (1.72%), Vitamin B3: 0.32mg (1.61%), Magnesium: 6.03mg (1.51%), Zinc: 0.22mg (1.44%), Vitamin E: 0.19mg (1.26%)