



Pecan Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



97 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 3 tablespoons brown sugar replacement
- 0.5 cup butter
- 1 eggs lightly beaten
- 1.3 cups flour all-purpose
- 1 cup pecans chopped
- 0.3 teaspoon salt

- 9 tablespoons splenda® granular
- 0.5 teaspoon vanilla extract

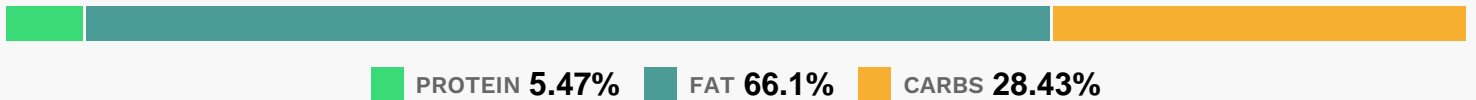
Equipment

- frying pan
- baking sheet
- oven
- mixing bowl

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Sift together flour, baking powder, baking soda, and salt.
- In a mixing bowl, cream together butter and sugar replacements. Beat in egg and vanilla.
- Mix in flour mixture. Stir in pecans. Drop by rounded teaspoon onto ungreased baking sheet.
- Bake in preheated oven for about 10 minutes. Cool cookies slightly before removing from pan.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:2.4256521369452%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 97.07kcal (4.85%), Fat: 7.32g (11.25%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.47g (2.35%), Sugar: 1.42g (1.58%), Cholesterol: 6.82mg (2.27%), Sodium: 100.63mg (4.38%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.36g (2.73%), Manganese: 0.25mg (12.48%), Vitamin B1:

0.08mg (5.49%), Selenium: 2.94µg (4.2%), Vitamin A: 181.61IU (3.63%), Folate: 13.82µg (3.46%), Copper: 0.07mg (3.26%), Vitamin B2: 0.05mg (2.84%), Phosphorus: 27.99mg (2.8%), Iron: 0.47mg (2.6%), Fiber: 0.61g (2.45%), Vitamin B3: 0.44mg (2.2%), Magnesium: 7.35mg (1.84%), Zinc: 0.28mg (1.83%), Calcium: 16.42mg (1.64%), Vitamin E: 0.23mg (1.56%)