



Pecan-Cornmeal Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.5 cup cornmeal
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 30 pecans
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons sugar

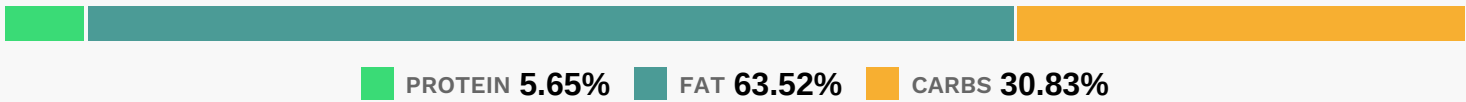
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy.
- ☐ Add flour and next 5 ingredients, beating at low speed until blended. Stir in chopped pecans. Wrap dough with plastic wrap; chill 1 hour.
- ☐ Shape dough into 2 (9-inch-long) logs. Wrap in plastic wrap, and chill 1 hour.
- ☐ Cut dough into 1/2-inch-thick slices.
- ☐ Place rounds on lightly greased baking sheets; top each round with a pecan half.
- ☐ Bake at 350 for 25 minutes or until lightly browned; remove to wire racks, and let cool completely.

Nutrition Facts



Properties

Glycemic Index:10.52, Glycemic Load:5.18, Inflammation Score:-2, Nutrition Score:2.3200000237835%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 101.36kcal (5.07%), Fat: 7.3g (11.23%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.24g (2.63%), Sugar: 1g (1.11%), Cholesterol: 18.4mg (6.13%), Sodium: 77.86mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Manganese: 0.21mg (10.26%), Vitamin B1: 0.08mg (5.28%), Selenium: 2.97µg (4.25%), Folate: 14.02µg (3.5%), Vitamin A: 159.55IU (3.19%), Fiber: 0.73g (2.92%), Vitamin B2: 0.05mg (2.79%), Copper: 0.06mg (2.77%), Iron: 0.48mg (2.68%), Phosphorus: 26.33mg (2.63%), Vitamin B3: 0.48mg (2.39%), Magnesium: 8.44mg (2.11%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.03mg (1.43%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.1mg (1.03%)