



Pecan Crescent Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 1.5 cups firmly brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 cup curd cottage cheese
- ☐ 2 cups flour all-purpose
- ☐ 1 cup butter
- ☐ 1 cup pecans chopped

Equipment

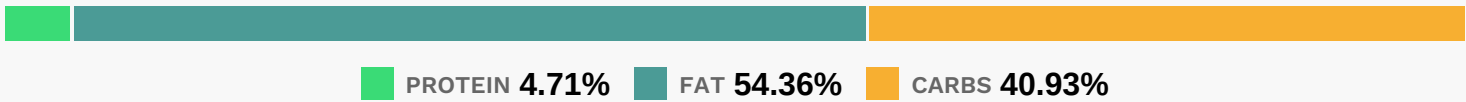
- ☐ baking sheet

- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Cut butter into flour with a pastry blender until crumbly. Stir in cottage cheese until blended. Divide dough into thirds; wrap each portion separately in plastic wrap, and chill 2 hours.
- ☐ Roll each portion into a 10-inch circle on a well-floured surface (dough will be sticky).
- ☐ Brush with melted butter; sprinkle each circle evenly with 1/2 cup brown sugar, and top with 1/3 cup pecans. Lightly press sugar and pecans into dough with a rolling pin.
- ☐ Cut each circle into quarters.
- ☐ Cut each quarter into 4 wedges, and roll up, starting with long end; place, point side down, on ungreased baking sheets.
- ☐ Bake at 350 for 30 minutes or until lightly browned.
- ☐ Remove immediately to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:2.93, Inflammation Score:-2, Nutrition Score:1.7730434824429%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 107.57kcal (5.38%), Fat: 6.63g (10.2%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.89g (7.66%), Cholesterol: 0.74mg (0.25%), Sodium: 71.56mg (3.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Manganese: 0.14mg (7.11%), Vitamin A: 218.85IU (4.38%), Vitamin B1: 0.06mg (3.84%), Selenium: 2.36µg (3.37%), Folate: 10.68µg (2.67%), Vitamin B2: 0.04mg (2.24%), Phosphorus: 20.51mg (2.05%), Copper: 0.04mg (1.96%), Iron: 0.35mg (1.95%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.22mg (1.48%), Fiber: 0.36g (1.43%), Calcium: 13.48mg (1.35%), Magnesium: 5.04mg (1.26%), Zinc: 0.16mg (1.06%)