

Pecan Crescents

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter
- 0.5 cup powdered sugar
- 2 cups flour all-purpose
- 2 cups pecans chopped
- 0.5 teaspoon salt
- 1 tablespoon vanilla extract

Equipment

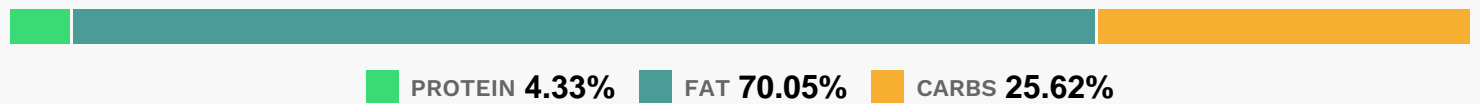
- baking sheet

oven

Directions

- Preheat oven to 325 degrees F (170 degrees C).
- Cream butter or margarine, gradually adding confectioners' sugar and salt. Cream until light and fluffy.
- Stir in pecans and vanilla.
- Add flour gradually.
- Mix well. Shape dough into crescents using a teaspoon full for each crescent.
- Place on ungreased cookie sheet and bake 15–30 minutes. Do not brown.
- Let cool slightly, then roll cookies in additional confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.9817391101109%

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: 89.89kcal (4.49%), Fat: 7.16g (11.01%), Saturated Fat: 2.72g (17%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.31g (1.93%), Sugar: 1.45g (1.62%), Cholesterol: 10.17mg (3.39%), Sodium: 54.79mg (2.38%), Alcohol: 0.09g (100%), Alcohol %: 0.74% (100%), Protein: 0.99g (1.99%), Manganese: 0.24mg (12.03%), Vitamin B1: 0.07mg (4.74%), Copper: 0.06mg (3.12%), Selenium: 1.99µg (2.85%), Folate: 10.67µg (2.67%), Vitamin A: 120.73IU (2.41%), Fiber: 0.58g (2.31%), Iron: 0.36mg (1.99%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 19.36mg (1.94%), Vitamin B3: 0.36mg (1.82%), Magnesium: 6.77mg (1.69%), Zinc: 0.25mg (1.65%), Vitamin E: 0.18mg (1.18%)