



Pecan Lace Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



89 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup plus light
- 0.5 cup pecans chopped
- 0.5 cup cooking oats quick
- 0.5 cup butter unsalted
- 1 teaspoon vanilla extract
- 1 cup flour whole wheat

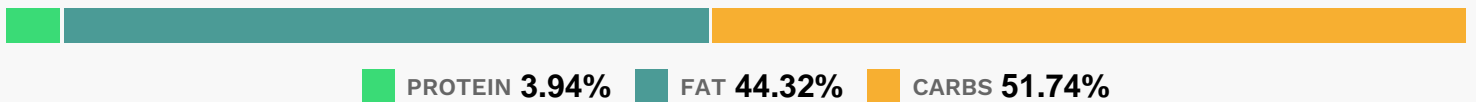
Equipment

- baking sheet
- sauce pan
- oven
- mixing bowl
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line 2 cookie sheets with aluminum foil. In small mixing bowl, sift the flour.
- Add the pecans and oats.
- Mix well.
- In saucepan over medium heat, combine the corn syrup, brown sugar, and butter. Bring to a boil, stirring constantly.
- Remove from heat. Stir in the vanilla and flour mixture. Stir until well blended.
- Mixture will turn opaque. Drop by teaspoonfuls onto cookie sheets about 3 inches apart.
- Bake for 9 minutes or until set and golden. When done, slide foil onto wire racks and allow cookies to cool. Re-line cookie sheets with new foil for next batch. Peel cookies off of foil when cool.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:2.0260869732693%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 88.69kcal (4.43%), Fat: 4.58g (7.05%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.3g (4.11%), Sugar: 8.05g (8.94%), Cholesterol: 8.13mg (2.71%), Sodium: 5.1mg (0.22%), Alcohol: 0.05g (100%), Alcohol %: 0.28% (100%), Protein: 0.92g (1.83%), Manganese: 0.31mg (15.27%), Selenium: 3.12µg (4.46%), Magnesium: 11.81mg (2.95%), Fiber: 0.73g (2.92%), Vitamin B1: 0.04mg (2.86%), Phosphorus: 26.56mg (2.66%), Copper: 0.05mg (2.28%), Vitamin A: 95.92IU (1.92%), Zinc: 0.26mg (1.73%), Iron: 0.28mg (1.55%), Vitamin B3: 0.24mg (1.18%), Vitamin B6: 0.02mg (1.15%), Vitamin E: 0.15mg (1.01%)