

Pecan Lace Cookies II

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



204 kcal

DESSERT

Ingredients

- 1.3 cups brown sugar
- 1 cup butter
- 1 cup plus light
- 2 cups flour all-purpose
- 2 cups pecans finely chopped

Equipment

- baking sheet
- sauce pan

baking paper

oven

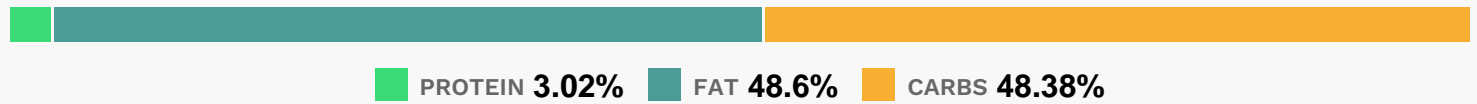
Directions

Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper.

In a medium saucepan over medium heat, combine butter, corn syrup and brown sugar. Bring to a boil, stirring frequently. Toss together the flour and pecans and stir into the boiling mixture. Bring the mixture to a second boil before removing from heat. Drop by spoonfuls onto the prepared cookie sheets. Cookies should be at least 4 inches apart to allow for spreading.

Bake for 5 to 10 minutes in the preheated oven, until evenly brown. If molding the cookies into shapes, allow to cool for a minute, until cool enough to handle, but still really hot.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:6.29, Inflammation Score:-2, Nutrition Score:3.3343478308424%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 204.12kcal (10.21%), Fat: 11.47g (17.65%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 24.77g (9.01%), Sugar: 18.53g (20.59%), Cholesterol: 16.27mg (5.42%), Sodium: 58.61mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Manganese: 0.39mg (19.5%), Vitamin B1: 0.12mg (8.03%), Copper: 0.1mg (5.19%), Selenium: 3.37µg (4.82%), Folate: 17.17µg (4.29%), Vitamin A: 193.16IU (3.86%), Fiber: 0.92g (3.69%), Iron: 0.64mg (3.56%), Phosphorus: 31.34mg (3.13%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.45mg (2.98%), Vitamin B3: 0.59mg (2.95%), Magnesium: 11.77mg (2.94%), Vitamin E: 0.28mg (1.88%), Calcium: 17.75mg (1.77%), Potassium: 53.64mg (1.53%), Vitamin B5: 0.12mg (1.2%), Vitamin B6: 0.02mg (1.16%)