



Pecan Meltaways

 Dairy Free

READY IN



32 min.

SERVINGS



32

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup firmly brown sugar packed
- 1.3 cups flour
- 0.8 cup butter softened (1-)
- 1.5 cups planters pecan halves divided
- 0.3 tsp salt
- 1 tsp vanilla

Equipment

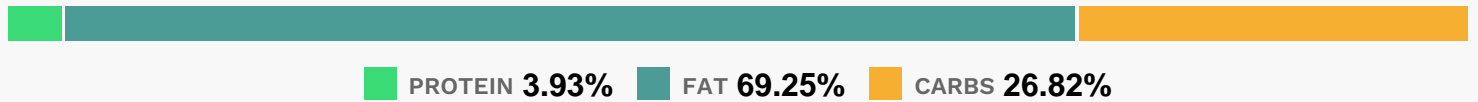
- bowl

- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 350F. Reserve 36 of the pecan halves for garnish; finely chop remaining pecans.
- Beat margarine and sugar in large bowl with electric mixer on medium speed until light and fluffy. Blend in flour, chopped pecans, vanilla and salt. Shape dough into 36 balls, each about 1 inch in diameter.
- Place, 2 inches apart, on baking sheets; flatten with floured glass. Press 1 pecan half into center of each cookie.
- Bake 10 to 12 minutes or until edges are golden.
- Remove from baking sheets; cool completely on wire racks. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.66, Glycemic Load:2.72, Inflammation Score:-2, Nutrition Score:2.052173908314%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg 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: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 97.18kcal (4.86%), Fat: 7.67g (11.8%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 6.11g (2.22%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 69.09mg (3%), Alcohol: 0.05g (100%), Alcohol %: 0.33% (100%), Protein: 0.98g (1.96%), Manganese: 0.24mg (12.2%), Vitamin B1: 0.07mg (4.63%), Vitamin A: 192.91IU (3.86%), Copper: 0.06mg (3.2%), Selenium: 1.86µg (2.66%), Folate: 10.03µg (2.51%), Fiber: 0.58g (2.31%), Iron: 0.36mg (2%), Phosphorus: 19.45mg (1.95%), Vitamin B2: 0.03mg (1.9%), Magnesium: 7.07mg (1.77%),

Vitamin B3: 0.35mg (1.73%), Zinc: 0.25mg (1.64%), Vitamin E: 0.23mg (1.55%)