Pecan Munchies

READY IN	SERVINGS	CALORIES
45 min.	48	121 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1 cup butter softened
- [ ] 6 oz chocolate chips
- [ ] 2 cups flour all-purpose
- [ ] 1 cup pecans chopped
- [ ] 0.5 cup powdered sugar
- [ ] 48 servings powdered sugar
- [ ] 2 teaspoons vanilla extract
- [ ] 1 tablespoon water

Equipment

- [ ] baking sheet
- [ ] oven

Directions

- [ ] Spread pecans in a single layer on a baking sheet and toast at 375 for 5 minutes; watch carefully to avoid burning pecans. Set aside to cool. Cream the butter and powdered sugar together until light and fluffy.
- [ ] Add vanilla and beat again. Thoroughly mix in the water and flour, then add chocolate chips and pecans. Shape into small balls, approximately 2 teaspoons of dough each.
- [ ] Place on an ungreased baking sheet and bake at 300 for about 20 minutes. While still warm, roll cookies in powdered sugar and place on cookie rack to cool.

Nutrition Facts

PROTEIN **2.48%** FAT **46.45%** CARBS **51.07%**

Properties

Glycemic Index:2.81, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.4234782560202%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg 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: 121.3kcal (6.06%), Fat: 6.38g (9.82%), Saturated Fat: 3.2g (20%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 15.46g (5.62%), Sugar: 11.19g (12.43%), Cholesterol: 10.17mg (3.39%), Sodium: 30.73mg (1.34%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 0.77g (1.53%), Manganese: 0.13mg (6.45%), Vitamin B1: 0.05mg (3.65%), Selenium: 1.95µg (2.78%), Folate: 10.13µg (2.53%), Vitamin A: 119.34IU (2.39%), Vitamin B2: 0.03mg (1.88%), Iron: 0.3mg (1.67%), Vitamin B3: 0.33mg (1.67%), Copper: 0.03mg (1.65%), Fiber: 0.34g (1.35%), Phosphorus: 12.48mg (1.25%)