



Pecan Pie Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



168 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 0.8 cup butter softened
- 0.5 cup confectioners' sugar
- 3 tablespoons plus light
- 1 eggs
- 2 cups flour all-purpose
- 0.8 cup pecans finely chopped

- 1 teaspoon vanilla extract

Equipment

- bowl
- sauce pan
- oven
- wire rack
- hand mixer
- muffin tray

Directions

- Melt 1/4 cup of butter in a saucepan, and stir in the confectioners' sugar and corn syrup until the sugar is dissolved. Bring to a boil over medium heat, stirring often, and stir in the pecans until well combined. Refrigerate the mixture for 30 minutes to chill.
- Preheat oven to 350 degrees F (175 degrees C). Sift the flour and baking powder together in a bowl, and set aside.
- Beat brown sugar, 3/4 cup butter, egg, and vanilla extract in a large bowl with an electric mixer on medium speed until the mixture is creamy, about 2 minutes. Gradually beat in the flour mixture until well mixed. Pinch off about 1 tablespoon of dough, and roll it into a ball. Press the dough into the bottom of an ungreased cupcake pan cup, and use your thumb to press the dough into a small piecrust shape, with 1/4-inch walls up the sides of the cupcake cup. Repeat with the rest of the dough. Fill each little crust with about 1 teaspoon of the prepared pecan filling.
- Bake in the preheated oven until the cookie shells are lightly browned, 10 to 13 minutes. Watch closely after 10 minutes.
- Let the cookies cool in the cupcake pans for 5 minutes before removing to wire rack to finish cooling.

Nutrition Facts



PROTEIN 3.94% **FAT 44.52%** **CARBS 51.54%**

Properties

Glycemic Index:10.25, Glycemic Load:6.21, Inflammation Score:-2, Nutrition Score:2.8795652365231%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 167.85kcal (8.39%), Fat: 8.49g (13.06%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.5g (7.82%), Sugar: 13.64g (15.16%), Cholesterol: 22.07mg (7.36%), Sodium: 70.43mg (3.06%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.69g (3.38%), Manganese: 0.23mg (11.56%), Vitamin B1: 0.11mg (7.13%), Selenium: 4.44µg (6.34%), Folate: 20.98µg (5.24%), Vitamin B2: 0.07mg (3.96%), Iron: 0.69mg (3.82%), Vitamin A: 189.08IU (3.78%), Vitamin B3: 0.67mg (3.35%), Copper: 0.06mg (3.09%), Phosphorus: 30.05mg (3%), Calcium: 24.48mg (2.45%), Fiber: 0.61g (2.43%), Magnesium: 7.69mg (1.92%), Zinc: 0.27mg (1.82%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.12mg (1.23%), Potassium: 41.89mg (1.2%)