



Pecan Pie Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



54

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup butter softened
- ☐ 0.5 cup plus dark
- ☐ 3 tablespoons plus dark
- ☐ 2 large eggs separated
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup pecans finely chopped
- ☐ 0.5 cup powdered sugar

☐ 0.5 cup sugar

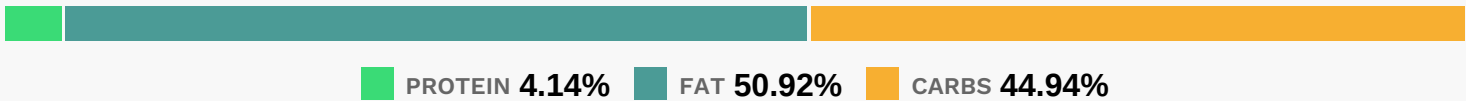
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Beat 1 cup butter and sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add 1/2 cup corn syrup and egg yolks, beating well. Gradually stir in flour; cover and chill 1 hour.
- ☐ Melt 1/4 cup butter in a heavy saucepan over medium heat; stir in powdered sugar and 3 tablespoons corn syrup. Cook, stirring often, until mixture boils.
- ☐ Remove from heat. Stir in pecans; chill 30 minutes. Shape mixture by 1/2 teaspoonfuls into 1/4-inch balls; set aside.
- ☐ Shape cookie dough into 1-inch balls; place 2 inches apart on lightly greased baking sheets. Beat egg whites until foamy; brush on dough balls.
- ☐ Bake at 375 for 6 minutes.
- ☐ Remove from oven, and place pecan balls in center of each cookie.
- ☐ Bake 8 to 10 more minutes or until lightly browned. Cool 5 minutes on baking pans; remove to wire racks to cool completely. Freeze up to 1 month, if desired.

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:7.55, Inflammation Score:-2, Nutrition Score:1.6130434912022%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 95.93kcal (4.8%), Fat: 5.56g (8.55%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.74g (3.9%), Sugar: 6.42g (7.13%), Cholesterol: 6.89mg (2.3%), Sodium: 59.13mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Manganese: 0.11mg (5.63%), Vitamin A: 198.81IU (3.98%), Selenium: 2.73µg (3.9%), Vitamin B1: 0.06mg (3.81%), Folate: 11.85µg (2.96%), Vitamin B2: 0.04mg (2.47%), Iron: 0.36mg (1.98%), Vitamin B3: 0.36mg (1.81%), Phosphorus: 15.8mg (1.58%), Copper: 0.03mg (1.52%), Vitamin E: 0.21mg (1.38%), Fiber: 0.3g (1.21%)