



Pecan Sables

 Vegetarian

READY IN



120 min.

SERVINGS



32

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.7 cup powdered sugar
- 1 large eggs separated
- 1.3 cups flour all-purpose
- 3 oz pecans cooled toasted
- 0.5 teaspoon salt
- 0.5 cup butter unsalted softened
- 0.5 teaspoon vanilla

Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk
- hand mixer
- cookie cutter
- wax paper

Directions

- Preheat oven to 325°F.
- Pulse toasted pecans with 2 tablespoons confectioners sugar in a food processor until finely ground.
- Whisk together flour, salt, and baking powder in a bowl.
- Beat together butter, remaining 2/3 cup confectioners sugar, and vanilla in a bowl with an electric mixer at high speed until pale and fluffy, about 3 minutes.
- Add egg yolk and beat well.
- Add flour and ground-pecan mixture and mix at low speed until just combined, 30 seconds to 1 minute. (Dough will be crumbly but will hold together when squeezed.)
- Halve dough and roll out 1 half between 2 sheets of wax paper until 1/4 inch thick (about a 9-inch round).
- Cut out as many rounds as possible with cookie cutter and arrange about 2 inches apart on buttered large baking sheets, reserving scraps.
- Roll out and cut remaining dough in same manner. Gather scraps, then reroll and cut in same manner.
- Beat egg white until frothy, then brush tops of rounds lightly with egg white. Put a pecan half on top of each round, then brush pecan lightly with egg white.
- Bake cookies in middle of oven until tops are pale golden, 15 to 20 minutes. Cool cookies on sheets on racks 2 minutes, then transfer to racks to cool completely.

Nutrition Facts

PROTEIN 5.18% FAT 59.63% CARBS 35.19%

Properties

Glycemic Index:5.53, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:1.6147826148764%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 73.73kcal (3.69%), Fat: 4.99g (7.67%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.23g (2.27%), Sugar: 2.58g (2.87%), Cholesterol: 13.44mg (4.48%), Sodium: 42.41mg (1.84%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.98g (1.95%), Manganese: 0.15mg (7.69%), Vitamin B1: 0.06mg (3.78%), Selenium: 2.29µg (3.27%), Folate: 10.36µg (2.59%), Vitamin B2: 0.04mg (2.14%), Copper: 0.04mg (2.04%), Vitamin A: 98.56IU (1.97%), Iron: 0.33mg (1.82%), Phosphorus: 17.27mg (1.73%), Vitamin B3: 0.32mg (1.61%), Fiber: 0.39g (1.55%), Zinc: 0.18mg (1.19%), Magnesium: 4.57mg (1.14%)