



Pecan Sandies

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

Ingredients

- 0.3 cup almond butter
- 0.5 cup confectioners' sugar for dusting plus more cookies
- 1 egg white
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.8 cup pecans finely chopped
- 0.1 teaspoon salt
- 3 tablespoons butter unsalted at room temperature

- 1 teaspoon vanilla extract
- 0.5 cup pastry flour whole-wheat

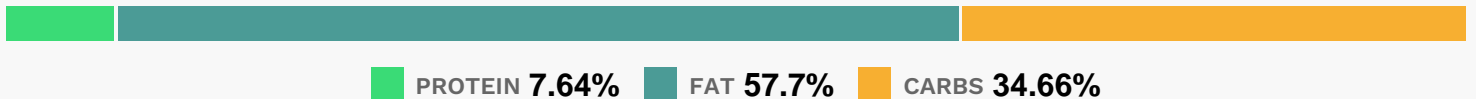
Equipment

- baking sheet
- baking paper
- oven
- whisk
- wire rack

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Whisk together flours, pecans, cinnamon, and salt. Cream butters and sugar.
- Add the egg white and continue beating until light and fluffy. Beat in vanilla extract. On low speed, gradually add flour mixture and beat until a dough forms.
- Shape the dough into 3-inch balls, about 1 heaping tablespoon each.
- Place dough balls 2 inches apart on baking sheets lined with parchment paper.
- Bake until lightly browned on the bottom, 10 minutes.
- While cookies are still hot, sift confectioners' sugar over the tops.
- Transfer to a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.91, Inflammation Score:-2, Nutrition Score:5.4265217735716%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 162.02kcal (8.1%), Fat: 10.82g (16.64%), Saturated Fat: 2.46g (15.41%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 12.71g (4.62%), Sugar: 5.49g (6.1%), Cholesterol: 7.53mg (2.51%), Sodium: 29.47mg (1.28%), Alcohol: 0.11g (100%), Alcohol %: 0.43% (100%), Protein: 3.22g (6.44%), Manganese: 0.67mg (33.62%), Vitamin E: 1.48mg (9.85%), Selenium: 5.81µg (8.3%), Copper: 0.16mg (8.02%), Magnesium: 31.21mg (7.8%), Fiber: 1.91g (7.64%), Vitamin B1: 0.11mg (7.56%), Phosphorus: 70.09mg (7.01%), Vitamin B2: 0.11mg (6.19%), Iron: 0.79mg (4.38%), Zinc: 0.65mg (4.35%), Folate: 16.2µg (4.05%), Vitamin B3: 0.81mg (4.03%), Potassium: 96.49mg (2.76%), Calcium: 27.27mg (2.73%), Vitamin B6: 0.04mg (2.14%), Vitamin A: 92.03IU (1.84%), Vitamin B5: 0.14mg (1.37%)