

Pecan Sandies

 Vegetarian

READY IN



43 min.

SERVINGS



100

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.7 cup confectioners' sugar
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar raw ()
- ☐ 1 cup butter unsalted softened (2 sticks)
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Spread the nuts out in one layer on a jelly roll pan and bake them, stirring occasionally, until they are well browned, about 10 to 13 minutes (they will smell toasted and nutty).
- ☐ Transfer the pan to a wire rack to cool.
- ☐ In a food processor, grind the nuts with 1/4 cup of the flour. Set aside.
- ☐ Using an electric mixer, beat the butter and sugar until creamy and smooth, about 2 minutes.
- ☐ Add the vanilla and beat well. Sift together the remaining 1 3/4 cups flour, the salt, and the baking powder, and add it to the dough, mixing until just combined. Stir in the nut mixture. Form the dough into a disk, wrap in plastic wrap, and chill for at least 3 hours.
- ☐ Preheat oven to 325 degrees F.
- ☐ Roll the dough in between two sheets of waxed paper to 3/16-inch thick. Using a sharp knife, cut the dough into 1-inch squares, then cut the squares on a diagonal into triangles.
- ☐ Sprinkle the cookies with the turbinado sugar.
- ☐ Place them 1-inch apart on ungreased cookie sheets (do not re-roll the scraps). Prick the cookies with a fork and bake until pale gold all over, about 10 minutes. Cool on a wire rack.

Nutrition Facts



 PROTEIN 4.03%  FAT 63.4%  CARBS 32.57%

Properties

Glycemic Index:1.77, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.68565216684795%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 36.05kcal (1.8%), Fat: 2.58g (3.97%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.82g (1.02%), Sugar: 0.96g (1.07%), Cholesterol: 4.88mg (1.63%), Sodium: 25.7mg (1.12%), Alcohol: 0.03g (100%), Alcohol %: 0.51% (100%), Protein: 0.37g (0.74%), Manganese: 0.06mg (3.1%), Vitamin B1: 0.03mg (1.75%), Selenium: 0.91µg (1.3%), Folate: 4.86µg (1.22%), Vitamin A: 57.28IU (1.15%)