



Pecan Sandies

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



4772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter softened
- 1 teaspoon seltzer water
- 1 teaspoon cream of tartar
- 2 eggs
- 1.5 cups flour sifted
- 1 cup cooking oil
- 1 cup pecans finely chopped
- 1 cup powdered sugar

- 0.5 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla

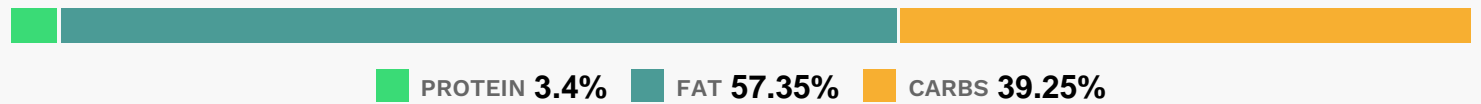
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- In a large bowl, whisk flour, salt, and baking soda. Set aside. In a separate large bowl, beat butter with sugars and oil until well combined. Beat in eggs and vanilla. Gradually add in flour mixture, beating just until combined. Stir in the chopped pecans. Cover and chill the dough for at least 30 minutes. When ready to bake, preheat the oven to 375 degrees F. Drop by tablespoon-fuls onto a cookie sheet and bake for about 10 minutes, until light brown in color.

Nutrition Facts



Properties

Glycemic Index:205.09, Glycemic Load:243.63, Inflammation Score:-10, Nutrition Score:57.490869565217%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 4772.11kcal (238.61%), Fat: 311.03g (478.5%), Saturated Fat: 129.14g (807.12%), Carbohydrates: 478.92g (159.64%), Net Carbohydrates: 464.35g (168.85%), Sugar: 322.36g (358.18%), Cholesterol: 815.41mg (271.8%),

Sodium: 2758.42mg (119.93%), Alcohol: 1.38g (7.64%), Protein: 41.47g (82.93%), Manganese: 5.79mg (289.48%), Vitamin B1: 2.17mg (144.82%), Selenium: 98.54µg (140.77%), Vitamin A: 6203.37IU (124.07%), Vitamin E: 15.53mg (103.53%), Folate: 413.08µg (103.27%), Vitamin B2: 1.6mg (94.05%), Copper: 1.55mg (77.68%), Iron: 13.09mg (72.72%), Phosphorus: 705.84mg (70.58%), Vitamin B3: 12.41mg (62.03%), Fiber: 14.57g (58.29%), Vitamin K: 52.12µg (49.64%), Zinc: 7.19mg (47.96%), Magnesium: 176.76mg (44.19%), Potassium: 1290.1mg (36.86%), Vitamin B5: 3.28mg (32.76%), Vitamin B6: 0.45mg (22.39%), Calcium: 206.03mg (20.6%), Vitamin B12: 1.17µg (19.49%), Vitamin D: 1.76µg (11.73%), Vitamin C: 1.09mg (1.32%)