

Pecan Sandies

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 0.5 teaspoon peppermint flavoring
- ☐ 0.8 cup pecans toasted finely chopped
- ☐ 0.3 cup sugar
- ☐ 1 pouch sugar cookie mix betty crocker® (1 lb 1.5 oz)
- ☐ 1 teaspoon vanilla

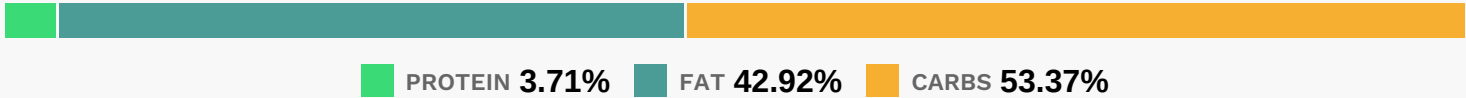
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. In large bowl, stir all ingredients except 1/4 cup sugar until dough forms.
- ☐ Roll dough into 1-inch balls; roll balls in 1/4 cup sugar.
- ☐ Place 2 inches apart on ungreased cookie sheet; press each with bottom of glass to flatten slightly.
- ☐ Bake 9 to 11 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheet to wire rack.
- ☐ Sprinkle with sparkling sugar.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.95391304855761%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 101.63kcal (5.08%), Fat: 4.9g (7.53%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.47g (4.9%), Sugar: 7.88g (8.76%), Cholesterol: 4.55mg (1.52%), Sodium: 70.87mg (3.08%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 0.95g (1.91%), Manganese: 0.1mg (4.97%), Vitamin A:

120.53IU (2.41%), Vitamin B1: 0.03mg (1.97%), Copper: 0.03mg (1.35%), Folate: 4.85µg (1.21%), Vitamin B2: 0.02mg (1.1%), Selenium: 0.76µg (1.08%)