



Pecan Sandies

 Vegetarian

READY IN



180 min.

SERVINGS



36

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 2.5 cups flour all-purpose
- 0.3 cup pecans finely chopped
- 0.5 cup sugar
- 1 teaspoon vanilla extract

Equipment

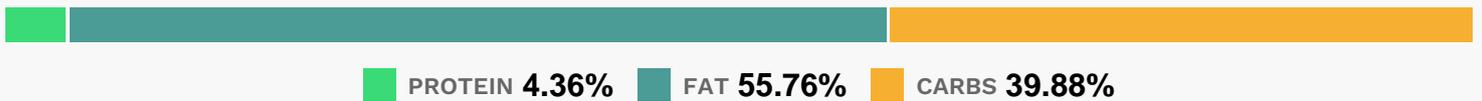
- frying pan
- baking sheet

- baking paper
- oven
- hand mixer

Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through.
- Beat butter and sugar at medium speed with an electric mixer until fluffy. Gradually add flour, beating just until blended. Stir in pecans and vanilla.
- Divide dough in half, and shape each portion into 2 (1 1/4-inch-thick) logs (about 12 inches long). Wrap in parchment paper, and cover and chill 1 hour or until firm.
- Preheat oven to 32
- Cut logs into 1/4-inch-thick rounds, and place 1/2 inch apart on parchment paper-lined baking sheets.
- Bake at 325 for 18 to 20 minutes or until lightly golden.
- Let cool on baking sheets 5 minutes.
- Transfer to wire racks, and let cool completely (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:6.74, Inflammation Score:-1, Nutrition Score:1.6769565516354%

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: 94.8kcal (4.74%), Fat: 5.93g (9.13%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 9.22g (3.35%), Sugar: 2.85g (3.17%), Cholesterol: 13.56mg (4.52%), Sodium: 40.76mg (1.77%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 1.04g (2.09%), Manganese: 0.1mg (5.25%), Vitamin B1: 0.08mg (5.01%), Selenium: 3.06µg (4.37%), Folate: 16.3µg (4.07%), Vitamin A: 158.14IU (3.16%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.53mg (2.64%), Iron: 0.43mg (2.39%), Phosphorus: 13.69mg (1.37%), Fiber: 0.33g (1.33%), Copper: 0.02mg (1.24%), Vitamin E: 0.17mg (1.1%)