



Pecan Shortbread Cookies

 Vegetarian

READY IN



315 min.

SERVINGS



100

CALORIES



36 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 cup butter softened
- 2 cups flour all-purpose
- 1 cup pecans toasted finely chopped
- 0.8 cup powdered sugar
- 0.1 teaspoon salt
- 2 teaspoons vanilla extract

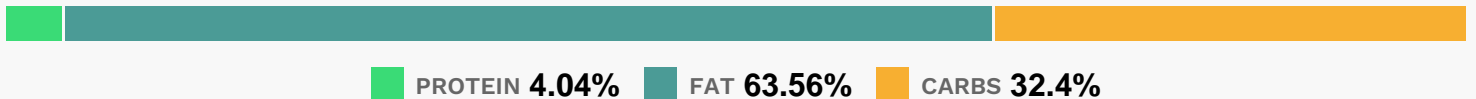
Equipment

- baking sheet
- baking paper
- oven
- hand mixer
- wax paper

Directions

- Beat 1 cup softened butter at medium speed with an electric mixer until creamy. Gradually add 3/4 cup powdered sugar, beating until smooth. Stir in pecans and vanilla extract until blended.
- Stir together 2 cups flour, 1/4 tsp. baking powder, and 1/8 tsp. salt.
- Gradually add flour mixture to butter mixture, beating at low speed until blended.
- Shape shortbread dough into 2 (7-inch) logs. Wrap each log in wax paper, and chill 4 hours, or freeze logs in zip-top plastic freezer bags up to 1 month.
- Preheat oven to 350
- If frozen, let logs stand at room temperature 10 minutes.
- Cut each log into 24 slices.
- Place shortbread slices 1 inch apart on lightly greased or parchment paper-lined baking sheets.
- Bake shortbread slices at 350 for 10 to 12 minutes or until edges of slices are golden.
- Remove shortbread from baking sheets, and place on wire racks; let cool completely (about 20 minutes). Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.67043477515488%

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: 35.95kcal (1.8%), Fat: 2.58g (3.97%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.94g (1.04%), Cholesterol: 4.88mg (1.63%), Sodium: 18.64mg (0.81%), Alcohol: 0.03g (100%), Alcohol %: 0.52% (100%), Protein: 0.37g (0.74%), Manganese: 0.06mg (3.09%), Vitamin B1: 0.03mg (1.75%), Selenium: 0.91µg (1.3%), Folate: 4.86µg (1.22%), Vitamin A: 57.28IU (1.15%)