



Pecan Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 18 pecans ()
- ☐ 0.5 cup pecans toasted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup unbleached all purpose flour
- ☐ 0.5 cup butter unsalted chilled cut into small pieces (1 stick)
- ☐ 1 teaspoon vanilla extract

☐ 1 tablespoon whipping cream

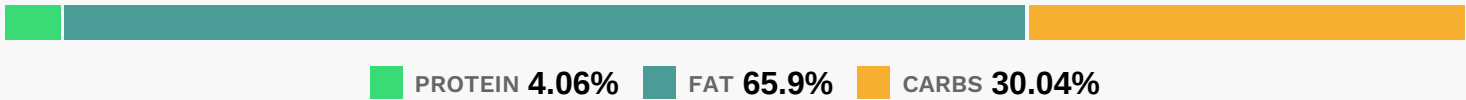
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Finely grind toasted pecans and sugar in processor. Blend in flour, baking soda, and salt.
- ☐ Add butter; cut in using on/off turns until coarse meal forms.
- ☐ Add cream and vanilla. Process using on/off turns until moist clumps form. Gather dough into ball; flatten into disk.
- ☐ Place sheet of waxed paper on work surface.
- ☐ Sprinkle waxed paper lightly with flour.
- ☐ Place dough disk in center of waxed paper and top with second sheet.
- ☐ Roll out dough to 1/4- to 3/8-inch thickness. Using 2-inch fluted cookie cutter, cut out cookies.
- ☐ Transfer to large baking sheet. Gather scraps, reroll, and cut out additional cookies. Press 1 pecan half into center of each cookie. Refrigerate cookies 1 hour.
- ☐ Preheat oven to 325°F.
- ☐ Bake cookies until lightly browned, about 20 minutes. Cool on rack. (Can be made 2 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:2.2556521586426%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 113.33kcal (5.67%), Fat: 8.48g (13.05%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 8.11g (2.95%), Sugar: 3.01g (3.35%), Cholesterol: 14.5mg (4.83%), Sodium: 24.85mg (1.08%), Alcohol: 0.08g (100%), Alcohol %: 0.45% (100%), Protein: 1.18g (2.35%), Manganese: 0.23mg (11.75%), Vitamin B1: 0.08mg (5.49%), Selenium: 2.62µg (3.74%), Folate: 13.84µg (3.46%), Vitamin A: 172.29IU (3.45%), Copper: 0.06mg (3.06%), Vitamin B2: 0.04mg (2.6%), Iron: 0.43mg (2.4%), Fiber: 0.59g (2.34%), Vitamin B3: 0.46mg (2.31%), Phosphorus: 21.01mg (2.1%), Magnesium: 6.76mg (1.69%), Zinc: 0.24mg (1.63%), Vitamin E: 0.23mg (1.52%)