



Pecan Shortbread Easter Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 16 tablespoons butter unsalted at room temperature (2 sticks)

Equipment

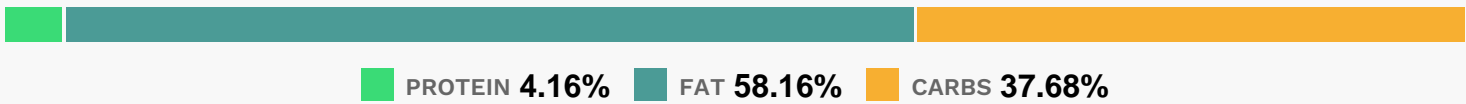
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 350F. Toast nuts on a baking sheet until fragrant, 8 to 10 minutes, shaking sheet once halfway through.
- ☐ Transfer to a bowl to cool, then chop finely.
- ☐ Using an electric mixer on medium-high speed, beat butter and sugar until light, about 3 minutes.
- ☐ Mix in flour and salt on lowest speed until just combined. Stir in nuts. Divide dough into 2 portions; shape into 5-inch squares. Wrap in plastic; chill for at least 2 hours.
- ☐ Preheat oven to 350F. Line 2 baking sheets with parchment.
- ☐ Let dough rest at room temperature until pliable enough to roll. On a lightly floured surface, roll out a square of dough to 1/4-inch thickness. Use a 3-inch cookie cutter to cut as many cookies as you can.
- ☐ Transfer to baking sheets, leaving about 1/2 inch between each cookie. Set aside scraps. Repeat with remaining dough.
- ☐ Combine scraps, re-roll and cut. If dough becomes too soft to roll, refrigerate briefly.
- ☐ Bake cookies until dry on top but not brown, 10 to 12 minutes.
- ☐ Let stand for 5 minutes on baking sheets on wire racks, then transfer cookies to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:9.01, Inflammation Score:-2, Nutrition Score:2.4056521575574%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg 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: 134.27kcal (6.71%), Fat: 8.82g (13.56%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.36g (4.49%), Sugar: 4.11g (4.56%), Cholesterol: 19.26mg (6.42%), Sodium: 24.51mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.17mg (8.32%), Vitamin B1: 0.1mg (6.79%), Selenium: 4µg (5.72%), Folate: 21.29µg (5.32%), Vitamin A: 225.02IU (4.5%), Vitamin B2: 0.06mg (3.64%), Vitamin B3: 0.69mg (3.46%), Iron: 0.58mg (3.2%), Copper: 0.04mg (2.08%), Phosphorus: 19.78mg (1.98%), Fiber: 0.49g (1.98%), Vitamin E: 0.24mg (1.62%), Magnesium: 5.05mg (1.26%), Zinc: 0.18mg (1.18%)