



Pecan Spice Tea Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



96 kcal

DESSERT

Ingredients

- 0.5 lb butter at room temperature
- 2 cups flour all-purpose
- 0.8 teaspoon ground cardamom
- 0.8 cup pecans minced
- 1.7 cups powdered sugar
- 1 teaspoon vanilla

Equipment

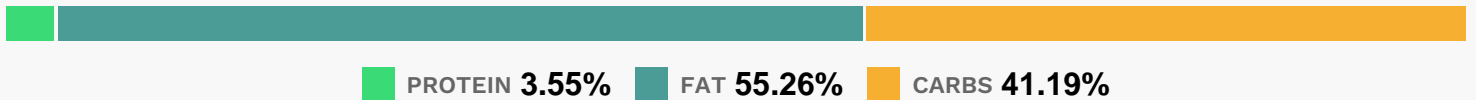
- food processor

- bowl
- frying pan
- baking sheet
- oven
- hand mixer

Directions

- In a bowl, with an electric mixer on medium speed, or in a food processor, beat or whirl butter, 1/3 cup powdered sugar, and the vanilla and flour until smooth and well blended. Stir in pecans.
- Shape dough into 1 1/4-inch balls and place about 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- Bake in a 300 oven until cookies are pale golden brown, 20 to 25 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- Let cool on sheets for 5 minutes.
- In a shallow bowl, mix remaining 1 1/3 cups powdered sugar with cardamom. Gently turn warm cookies in powdered sugar mixture, a few at a time, then set on racks to cool. When cool, coat cookies again with powdered sugar mixture.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:1.5539130476992%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 96.08kcal (4.8%), Fat: 6g (9.23%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.7g (3.53%), Sugar: 5g (5.55%), Cholesterol: 12.19mg (4.06%), Sodium: 36.7mg (1.6%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 0.87g (1.74%), Manganese: 0.14mg (6.85%), Vitamin B1: 0.06mg (4.11%), Selenium: 2.28µg (3.25%), Folate: 12.02µg (3%), Vitamin A: 142.73IU (2.85%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.39mg (1.97%), Iron: 0.35mg (1.92%), Copper: 0.03mg (1.59%), Fiber: 0.36g (1.43%), Phosphorus: 13.33mg (1.33%), Vitamin E: 0.16mg (1.08%)