



Pecan Sticks

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1.3 cups pecans chopped
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

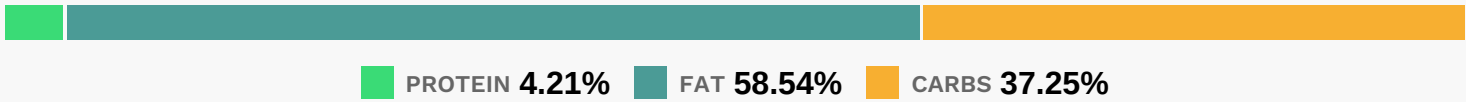
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy; add egg yolk, flour, and next 3 ingredients, beating well. Press mixture evenly into a lightly greased 15- x 10- inch jellyroll pan.
- ☐ Beat egg white until soft peaks form; spread over dough in pan.
- ☐ Sprinkle with chopped pecans, gently pressing into dough.
- ☐ Bake at 325 for 25 minutes.
- ☐ Cut into 2- x 1-inch sticks while warm. Cool on wire racks. Store in an airtight container up to 2 weeks or freeze up to 3 months.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:1.3952173979386%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg 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: 72.53kcal (3.63%), Fat: 4.82g (7.42%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.55g (2.38%), Sugar: 3.45g (3.83%), Cholesterol: 3.1mg (1.03%), Sodium: 36.99mg (1.61%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.78g (1.56%), Manganese: 0.14mg (6.9%), Vitamin B1: 0.05mg

(3.24%), Vitamin A: 141.23IU (2.82%), Selenium: 1.78µg (2.54%), Folate: 8.58µg (2.15%), Vitamin B2: 0.03mg (1.73%), Copper: 0.03mg (1.73%), Iron: 0.27mg (1.51%), Fiber: 0.36g (1.42%), Vitamin B3: 0.28mg (1.38%), Phosphorus: 13.41mg (1.34%), Vitamin E: 0.16mg (1.07%)