



HEALTH SCORE

52%

Pecan Tea Cakes



Vegetarian

READY IN



95 min.

SERVINGS



1

CALORIES



6400 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.8 cup cane syrup
- ☐ 3 large eggs
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 cups pecans toasted chopped
- ☐ 4.5 cups self-rising flour
- ☐ 1.3 cups sugar
- ☐ 1 tablespoon vanilla extract

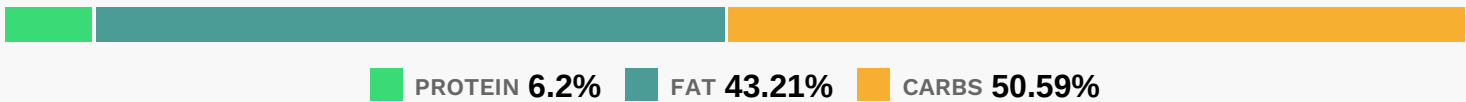
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy.
- ☐ Add cane syrup and next 2 ingredients, beating just until blended.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition. Gradually add flour, beating at low speed just until blended after each addition; stir in pecans. Drop dough by rounded spoonfuls 2 inches apart onto parchment paper-lined baking sheets, using a small cookie scoop (about 1 1/4 inches).
- ☐ Bake at 350 for 8 to 10 minutes or just until edges begin to turn golden brown. Cool on baking sheets on wire racks 1 minute; transfer to wire racks. Cool completely (about 15 minutes). Store in airtight containers 1 week.

Nutrition Facts



Properties

Glycemic Index:197.09, Glycemic Load:439.54, Inflammation Score:-10, Nutrition Score:63.651304410852%

Flavonoids

Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg Catechin: 10.75mg, Catechin: 10.75mg, Catechin: 10.75mg, Catechin: 10.75mg Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 6399.94kcal (320%), Fat: 315.45g (485.3%), Saturated Fat: 131.93g (824.54%), Carbohydrates: 831g (277%), Net Carbohydrates: 803.22g (292.08%), Sugar: 409.66g (455.18%), Cholesterol: 1046.05mg (348.68%), Sodium: 1687.6mg (73.37%), Alcohol: 4.47g (100%), Alcohol %: 0.38% (100%), Protein: 101.87g (203.74%), Manganese: 11.22mg (561.02%), Selenium: 278.78µg (398.26%), Copper: 2.94mg (147.09%), Vitamin A: 6577.59IU (131.55%), Phosphorus: 1309.83mg (130.98%), Fiber: 27.78g (111.11%), Vitamin B1: 1.5mg (100.31%), Zinc: 13.69mg (91.27%), Magnesium: 344.86mg (86.21%), Vitamin B2: 1.35mg (79.66%), Vitamin E: 11.18mg (74.54%), Folate: 297.11µg (74.28%), Iron: 11.64mg (64.65%), Vitamin B5: 6.31mg (63.09%), Potassium: 1514.29mg (43.27%), Vitamin B6: 0.79mg (39.43%), Vitamin B3: 7.63mg (38.16%), Calcium: 331.18mg (33.12%), Vitamin B12: 1.72µg (28.68%), Vitamin K: 23.23µg (22.12%), Vitamin D: 3µg (20%), Vitamin C: 4.54mg (5.5%)