



Pine Nut Panecillos

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 lb butter at room temperature
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.3 cups pinenuts

- ☐ 1 teaspoon vanilla

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ cake form

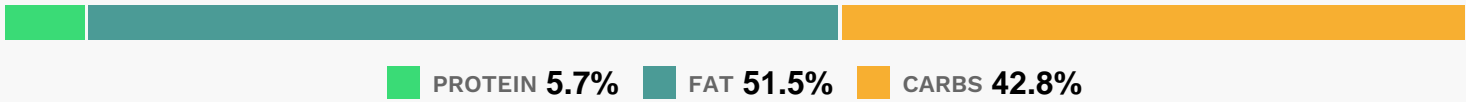
Directions

- ☐ In a 10- to 12-inch frying pan over medium heat, stir or shake pine nuts until lightly toasted, 3 to 4 minutes.
- ☐ Pour into a bowl.
- ☐ In a food processor or blender, whirl 1 cup pine nuts until smoothly pureed, scraping container sides frequently.
- ☐ In food processor or a bowl with a mixer, whirl or beat pine nut pure, 1/2 cup butter, brown sugar, and 1/2 cup granulated sugar to blend.
- ☐ Add egg and vanilla; whirl or beat to blend.
- ☐ In another bowl, stir together flour and baking soda.
- ☐ Add to butter mixture; stir, then whirl or beat to mix well. Divide dough into 2 equal portions. In a small bowl, mix 4 teaspoons granulated sugar and the cinnamon.
- ☐ Press each portion of dough evenly into a buttered 9-inch-wide cake pan with removable rim (you'll need 2). Scatter remaining pine nuts over dough and, with your fingers, press them lightly but firmly into dough.
- ☐ Bake in a 375 oven until cookies begin to pull from pan sides and centers spring back when lightly pressed, 16 to 17 minutes (350 in a convection oven for about 13 minutes). About 5 minutes before cookies are baked, sprinkle with sugar-cinnamon mixture.
- ☐ Let cool in pans about 10 minutes; remove rims.
- ☐ Cut each cookie into 8 wedges.
- ☐ Transfer to racks.

☐

Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:11.91, Inflammation Score:-4, Nutrition Score:6.9130434821481%

Nutrients (% of daily need)

Calories: 227.39kcal (11.37%), Fat: 13.37g (20.57%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 24.18g (8.79%), Sugar: 13.37g (14.85%), Cholesterol: 11.63mg (3.88%), Sodium: 107.98mg (4.69%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 3.33g (6.66%), Manganese: 1.05mg (52.48%), Vitamin B1: 0.15mg (9.85%), Phosphorus: 83.6mg (8.36%), Vitamin E: 1.25mg (8.32%), Copper: 0.17mg (8.27%), Selenium: 5.79µg (8.27%), Magnesium: 30.79mg (7.7%), Folate: 30.22µg (7.56%), Iron: 1.33mg (7.42%), Vitamin B2: 0.11mg (6.46%), Vitamin B3: 1.28mg (6.42%), Vitamin K: 5.77µg (5.5%), Vitamin A: 273.82IU (5.48%), Zinc: 0.82mg (5.48%), Fiber: 0.83g (3.3%), Potassium: 95.06mg (2.72%), Vitamin B5: 0.16mg (1.56%), Calcium: 14.66mg (1.47%), Vitamin B6: 0.03mg (1.25%)