



Polish Cookie Balls

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



130 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 2 cups flour all-purpose
- 1 cup pecans finely chopped
- 1 cup powdered sugar
- 0.3 cup sugar
- 1 teaspoon vanilla extract

Equipment

- bowl

baking sheet

oven

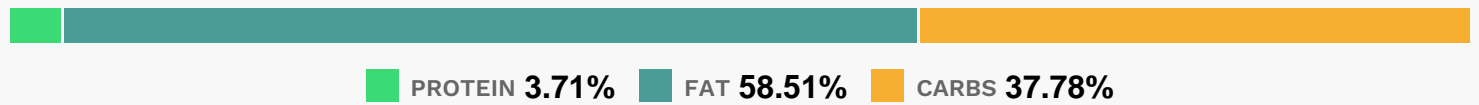
Directions

Combine butter, sugar, flour and vanilla in a large bowl until well blended; stir in pecans. Form into one-inch balls; arrange on ungreased baking sheets.

Bake at 325 degrees for 20 to 25 minutes.

Roll in powdered sugar while still hot.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:2.2260869764115%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 129.75kcal (6.49%), Fat: 8.6g (13.23%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.95g (4.35%), Sugar: 5.75g (6.39%), Cholesterol: 16.27mg (5.42%), Sodium: 48.93mg (2.13%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 1.23g (2.46%), Manganese: 0.21mg (10.29%), Vitamin B1: 0.09mg (5.84%), Selenium: 3.06µg (4.37%), Folate: 16.2µg (4.05%), Vitamin A: 190.94IU (3.82%), Vitamin B2: 0.05mg (2.9%), Vitamin B3: 0.53mg (2.67%), Iron: 0.48mg (2.64%), Copper: 0.05mg (2.6%), Fiber: 0.54g (2.17%), Phosphorus: 19.97mg (2%), Vitamin E: 0.23mg (1.51%), Magnesium: 5.99mg (1.5%), Zinc: 0.22mg (1.44%)