



Practically Raw Pecan Shortbread Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



161 kcal

DESSERT

Ingredients



0.3 cup coconut flour



0.5 cup maple syrup



2 cups pecans dry



0.5 teaspoon sea salt

Equipment



food processor



baking sheet

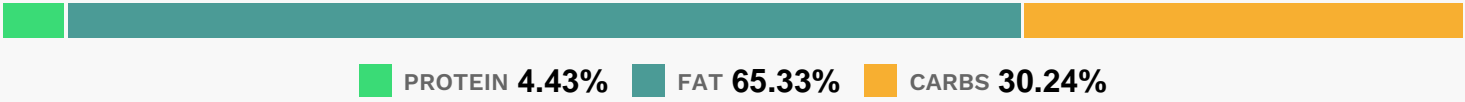


oven

Directions

- ☐ Place the pecans in a food processor and pulse until the nuts are finely ground. Do not to over process.
- ☐ Add the coconut flour and salt, and pulse to combine.
- ☐ Add the maple syrup, and pulse until the dough starts to stick together.Using a cookie scoop or a spoon, scoop the batter by the rounded tablespoonful onto a Teflex-lined tray. Use the palm of your hand to gently flatten the cookies to about 1/3 inch thick.Dehydrate at 110°F for about 4 hours, carefully flipping the cookies over onto a mesh-lined tray halfway through, until they feel dry and firm.Preheat the oven to 300°F.Using a cookie scoop or a spoon, scoop the batter by the rounded tablespoonful onto a parchment-paper-lined baking sheet. Use the palm of your hand to gently flatten the cookies to about 1/3 inch thick.
- ☐ Bake for 9 to 11 minutes, until the cookies are dry on top.
- ☐ Let cool completely on the baking sheet before handling (or else they will crumble).Store the cookies in an airtight container at room temperature for up to 2 days, in the refrigerator for up to a week, or in the freezer for up to a month

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:5.3908694995486%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 160.82kcal (8.04%), Fat: 12.23g (18.82%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 10.28g (3.74%), Sugar: 8.87g (9.85%), Cholesterol: 0mg (0%), Sodium: 103.38mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Manganese: 1.05mg (52.57%), Vitamin B2: 0.19mg (11.28%), Copper: 0.2mg (9.9%), Fiber: 2.46g (9.86%), Vitamin B1: 0.12mg (7.85%), Magnesium: 22.78mg (5.7%), Zinc: 0.84mg

(5.61%), Phosphorus: 45.71mg (4.57%), Potassium: 97.86mg (2.8%), Iron: 0.5mg (2.76%), Calcium: 26.23mg (2.62%),
Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.42%), Vitamin B3: 0.2mg (1.02%)