



Praline Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.7 cup brown sugar packed
- 0.5 cup butter
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon maple extract flavored
- 1 cup pecan halves
- 0.3 teaspoon salt

1 teaspoon vanilla extract

Equipment

bowl

baking sheet

baking paper

oven

wax paper

Directions

In a large bowl, cream together butter and brown sugar. Beat in egg, vanilla and maple flavoring. Beat in salt and flour until a smooth dough is formed. Shape dough into a log 12 inches long, wrap in wax paper, and refrigerate overnight.

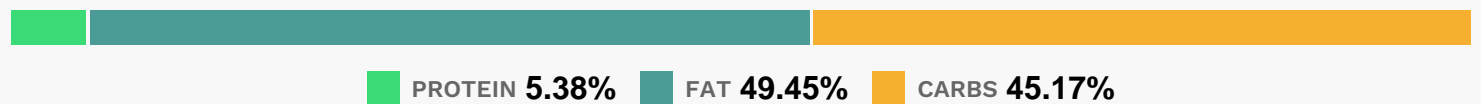
Preheat oven to 350 degrees F (180 degrees C). Line cookie sheet with parchment paper.

Slice dough into 1/4 inch slices.

Place slices on cookie sheet. Top each cookie with a pecan half.

Bake for 10 minutes in preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:5.77, Inflammation Score:-2, Nutrition Score:2.8434782548119%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 126.65kcal (6.33%), Fat: 7.08g (10.9%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 13.88g (5.05%), Sugar: 6.15g (6.83%), Cholesterol: 16.99mg (5.66%), Sodium: 81.97mg (3.56%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 1.73g (3.47%), Manganese: 0.26mg (13.08%), Vitamin B1: 0.11mg (7.33%), Selenium: 4.37µg (6.25%), Folate: 21.03µg (5.26%), Vitamin B2: 0.07mg (3.94%), Iron: 0.66mg (3.69%), Copper: 0.07mg (3.44%), Vitamin B3: 0.67mg (3.37%), Phosphorus: 27.7mg (2.77%), Fiber: 0.68g (2.71%), Vitamin A: 130.39IU (2.61%), Magnesium: 8.17mg (2.04%), Zinc: 0.29mg (1.93%), Vitamin E: 0.19mg (1.29%), Vitamin B5: 0.12mg (1.23%), Calcium: 11.72mg (1.17%), Potassium: 40.1mg (1.15%)