



HEALTH SCORE

55%

Praline Pecan Cookies



Vegetarian

READY IN



585 min.

SERVINGS



1

CALORIES



6103 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1.5 cups pecans
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon vanilla extract

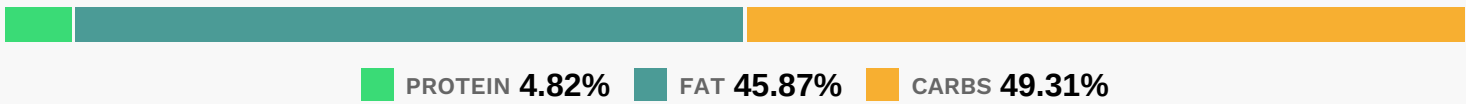
Equipment

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

Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer until fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour and next 2 ingredients; gradually add to butter mixture, beating just until blended after each addition. Stir in roasted glazed pecan pieces.
- ☐ Shape dough into 4 logs (about 2 inches in diameter); wrap each log in plastic wrap. Chill 8 hours to 3 days.
- ☐ Preheat oven to 35
- ☐ Cut each log into 1/4-inch-thick slices; place on parchment paper-lined baking sheets.
- ☐ Bake 8 to 12 minutes or until lightly browned.
- ☐ Remove from baking sheets to wire racks, and cool completely (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:205.09, Glycemic Load:451.74, Inflammation Score:-10, Nutrition Score:67.440869528314%

Flavonoids

Cyanidin: 17.56mg, Cyanidin: 17.56mg, Cyanidin: 17.56mg, Cyanidin: 17.56mg Delphinidin: 11.9mg, Delphinidin: 11.9mg, Delphinidin: 11.9mg, Delphinidin: 11.9mg Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg

Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg

Nutrients (% of daily need)

Calories: 6103.31kcal (305.17%), Fat: 316.58g (487.05%), Saturated Fat: 130.59g (816.2%), Carbohydrates: 765.79g (255.26%), Net Carbohydrates: 738.28g (268.47%), Sugar: 415.92g (462.14%), Cholesterol: 860.05mg (286.68%), Sodium: 3355.27mg (145.88%), Alcohol: 4.47g (100%), Alcohol %: 0.42% (100%), Protein: 74.86g (149.71%), Manganese: 10.48mg (524.23%), Vitamin B1: 4.57mg (304.42%), Selenium: 190.62µg (272.32%), Folate: 891.51µg (222.88%), Vitamin B2: 2.98mg (175.14%), Iron: 27.19mg (151.05%), Vitamin B3: 28.09mg (140.45%), Copper: 2.75mg (137.35%), Vitamin A: 6304.29IU (126.09%), Phosphorus: 1183.06mg (118.31%), Fiber: 27.51g (110.03%), Magnesium: 322.11mg (80.53%), Zinc: 12.04mg (80.29%), Vitamin E: 8.87mg (59.12%), Vitamin B5: 5.26mg (52.6%), Potassium: 1502.73mg (42.94%), Calcium: 387.01mg (38.7%), Vitamin B6: 0.76mg (38.06%), Vitamin K: 23.23µg (22.12%), Vitamin B12: 1.28µg (21.27%), Vitamin D: 2µg (13.33%), Vitamin C: 1.8mg (2.18%)