

Renee's Pecan Crunch Cookies

 Vegetarian

READY IN



50 min.

SERVINGS



48

CALORIES



89 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 3 cups flour all-purpose sifted
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

0.5 cup granulated sugar white

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease baking sheets.

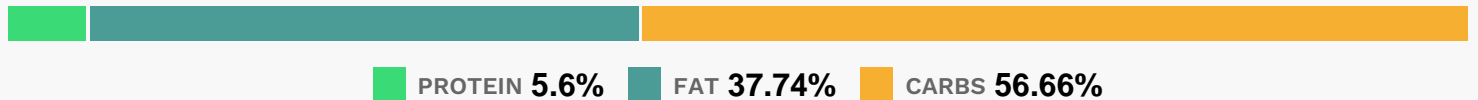
In a bowl, sift the flour, baking soda, and salt together. In a separate large bowl, cream the butter, 1 cup of white sugar, and brown sugar until smooth, and beat in the eggs and vanilla extract until well combined. Stir in the flour mixture, and mix the pecans into the dough.

Drop the dough by tablespoons onto the prepared baking sheets, about 2 inches apart.

Place 1/2 cup of white sugar into a shallow bowl. Moisten the bottom of a drinking glass with a wet cloth, and dip the glass bottom into the sugar. Flatten cookies with the sugared glass, dipping into sugar for each cookie.

Bake in the preheated oven until lightly browned, 9 to 12 minutes. Allow to cool on sheets for a minute or two before removing to finish cooling on racks.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:5.78, Inflammation Score:-1, Nutrition Score:1.9356521853124%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 89.38kcal (4.47%), Fat: 3.81g (5.86%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.44g (4.53%), Sugar: 6.66g (7.39%), Cholesterol: 11.9mg (3.97%), Sodium: 66.3mg (2.88%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.27g (2.54%), Manganese: 0.16mg (7.96%), Vitamin B1: 0.08mg (5.15%), Selenium: 3.39µg (4.84%), Folate: 15.77µg (3.94%), Vitamin B2: 0.05mg (3.01%), Iron: 0.49mg (2.7%), Vitamin B3: 0.5mg (2.48%), Copper: 0.04mg (2.11%), Phosphorus: 19.11mg (1.91%), Fiber: 0.43g (1.72%), Vitamin A: 70.26IU (1.41%), Magnesium: 5.16mg (1.29%), Zinc: 0.19mg (1.23%)