



## Sandies

 Vegetarian

READY IN



275 min.

SERVINGS



24

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup butter
- 3 tablespoons confectioners' sugar
- 2 cups flour all-purpose sifted
- 1 cup pecans chopped
- 2 teaspoons vanilla extract
- 2 teaspoons water
- 0.3 cup sugar white

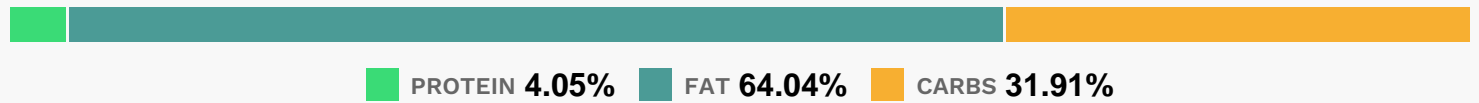
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a medium bowl, cream together the butter and sugar until smooth. Beat in the water and vanilla. Stir in the flour and pecans until well blended. Cover dough and chill for at least four hours.
- Preheat oven to 325 degrees F (165 degrees C). Shape dough into walnut sized balls or crescents.
- Place 2 inches apart onto unprepared cookie sheets.
- Bake for 18 to 20 minutes in the preheated oven, until golden.
- Roll in confectioners' sugar while still warm.

## Nutrition Facts



## Properties

Glycemic Index:8.55, Glycemic Load:7.71, Inflammation Score:-2, Nutrition Score:2.880869542613%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 152.66kcal (7.63%), Fat: 11.05g (17%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 11.68g (4.25%), Sugar: 4.01g (4.45%), Cholesterol: 20.34mg (6.78%), Sodium: 61.12mg (2.66%), Alcohol: 0.11g (100%), Alcohol %: 0.5% (100%), Protein: 1.57g (3.15%), Manganese: 0.28mg (13.82%), Vitamin B1: 0.11mg (7.48%), Selenium: 3.82µg (5.46%), Folate: 20.35µg (5.09%), Vitamin A: 238.91IU (4.78%), Vitamin B2: 0.06mg (3.62%), Copper: 0.07mg (3.5%), Vitamin B3: 0.67mg (3.37%), Iron: 0.6mg (3.35%), Fiber: 0.72g (2.87%), Phosphorus: 26.12mg (2.61%), Magnesium: 8.02mg (2.01%), Vitamin E: 0.29mg (1.93%), Zinc: 0.29mg (1.92%)