



Seriously Chocolate Pecan Cookies



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



24

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 113 g almond flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 eggs
- ☐ 0.3 teaspoon liquid stevia
- ☐ 227 g pecans
- ☐ 50 g pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 57 g butter salted melted

- ☐ 2 cups stevia powder raw
- ☐ 64 g cocoa powder unsweetened
- ☐ 4 teaspoons vanilla extract

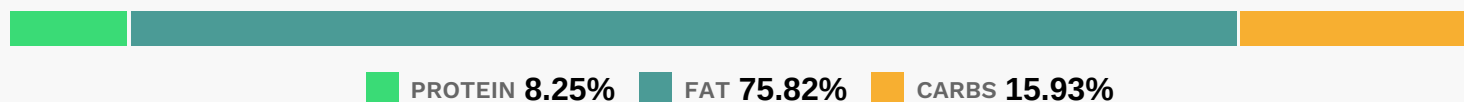
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Position 2 oven racks in the middle of the oven. Preheat the oven to 350°F (177°C). Mist 2 baking sheets with spray oil, or line them with parchment paper or silicone mats and then mist the surfaces with spray oil.
- ☐ In a medium bowl, combine the pecan flour, almond flour, Splenda, cocoa powder, baking powder, and salt and whisk until well mixed. Stir in the pecans. In a large bowl, whisk the eggs, butter, vanilla, and liquid stevia together until thoroughly blended.
- ☐ Add the flour mixture and stir with a large spoon for about 2 minutes to make a thick, sticky batter (see page 27).
- ☐ Drop the dough onto the prepared pans, using about 1 heaping tablespoon of dough per cookie and spacing them about 3 inches apart.
- ☐ Bake for 8 minutes, then rotate the pans and switch racks and bake for 6 to 8 minutes, until the cookies are firm to the touch and crispy.
- ☐ Immediately transfer the cookies to a wire rack and let cool for at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:4.783043468776%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 139.43kcal (6.97%), Fat: 13.46g (20.7%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 3.77g (1.37%), Sugar: 0.78g (0.86%), Cholesterol: 25.57mg (8.52%), Sodium: 83.26mg (3.62%), Alcohol: 0.23g (100%), Alcohol %: 0.97% (100%), Caffeine: 6.13mg (2.04%), Protein: 3.29g (6.59%), Manganese: 0.62mg (31.24%), Copper: 0.24mg (12.2%), Fiber: 2.59g (10.38%), Magnesium: 28.15mg (7.04%), Phosphorus: 70.35mg (7.03%), Iron: 0.98mg (5.42%), Vitamin B1: 0.08mg (5.38%), Zinc: 0.78mg (5.19%), Calcium: 44.71mg (4.47%), Selenium: 2.53µg (3.62%), Vitamin B2: 0.05mg (2.82%), Potassium: 97.07mg (2.77%), Vitamin B5: 0.19mg (1.94%), Vitamin A: 95.51IU (1.91%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.85%), Folate: 6.05µg (1.51%), Vitamin B3: 0.2mg (1.01%)