



Slice-and-Bake Pecan Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3595 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans toasted finely chopped
- ☐ 0.8 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

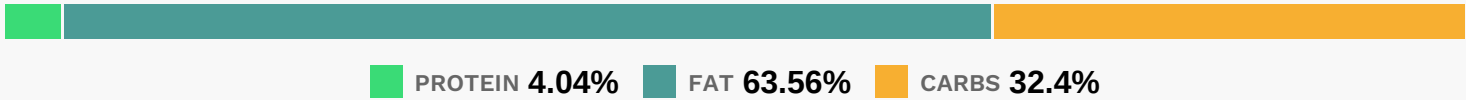
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating until mixture is smooth. Stir in pecans and vanilla.
- ☐ Stir together flour, baking powder, and salt. Gradually add to butter mixture, beating at low speed until blended.
- ☐ Shape dough into 3 (10-inch) logs; wrap logs separately in wax paper, and chill 4 hours.
- ☐ Cut each log into 28 slices, and place slices 1 inch apart on lightly greased baking sheets.
- ☐ Bake at 350 for 10 to 12 minutes or until edges are golden. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:227, Glycemic Load:138.77, Inflammation Score:-10, Nutrition Score:51.886086334353%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 3595.35kcal (179.77%), Fat: 257.83g (396.66%), Saturated Fat: 123.18g (769.9%), Carbohydrates: 295.78g (98.59%), Net Carbohydrates: 279.53g (101.65%), Sugar: 93.77g (104.19%), Cholesterol: 488.05mg (162.68%), Sodium: 1863.81mg (81.04%), Alcohol: 2.75g (100%), Alcohol %: 0.52% (100%), Protein: 36.84g (73.68%), Manganese: 6.18mg (309.14%), Vitamin B1: 2.63mg (175.21%), Selenium: 91.32µg (130.46%), Folate: 486.09µg (121.52%), Vitamin A: 5728.17IU (114.56%), Vitamin B2: 1.47mg (86.21%), Vitamin B3: 16.05mg (80.24%), Iron: 14.33mg (79.59%), Copper: 1.56mg (78.02%), Fiber: 16.26g (65.02%), Phosphorus: 621.1mg (62.11%), Vitamin E: 6.8mg

(45.35%), Magnesium: 180.57mg (45.14%), Zinc: 6.46mg (43.05%), Calcium: 222mg (22.2%), Vitamin B5: 2.2mg (22.02%), Potassium: 741.78mg (21.19%), Vitamin K: 20.1µg (19.15%), Vitamin B6: 0.33mg (16.34%), Vitamin B12: 0.39µg (6.43%), Vitamin C: 1.09mg (1.32%)