



Spiced Pecan Shortbread

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 3 tablespoons confectioners' sugar
- ☐ 0.5 cup brown sugar dark packed
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon pumpkin pie spice

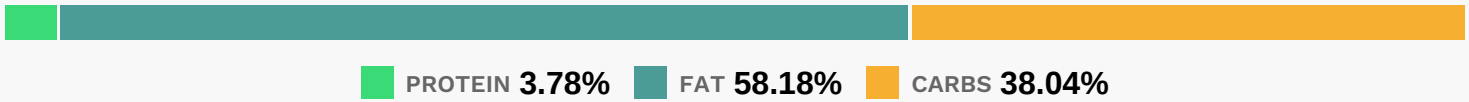
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, stir together the flour, brown sugar, pumpkin pie spice, cloves, and baking powder.
- ☐ Mix in the butter using a fork until well blended. The dough will be flaky and separated. Stir in the pecans, and press into an 8 inch square pan.
- ☐ Bake for 25 minutes in the preheated oven, or until lightly browned on the top.
- ☐ Cut into squares while still warm, but do not remove from the pan. Allow to cool, then dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:3.7813043328731%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 214.73kcal (10.74%), Fat: 14.14g (21.75%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 20g (7.27%), Sugar: 8.33g (9.26%), Cholesterol: 30.5mg (10.17%), Sodium: 100.36mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Manganese: 0.32mg (16.08%), Vitamin B1: 0.15mg

(9.74%), Selenium: 5.68µg (8.11%), Folate: 29.88µg (7.47%), Vitamin A: 356.88IU (7.14%), Vitamin B2: 0.09mg (5.12%), Iron: 0.9mg (5.01%), Vitamin B3: 0.98mg (4.9%), Copper: 0.07mg (3.38%), Phosphorus: 31.57mg (3.16%), Fiber: 0.79g (3.15%), Vitamin E: 0.39mg (2.63%), Magnesium: 8.81mg (2.2%), Zinc: 0.28mg (1.89%), Calcium: 18.77mg (1.88%), Potassium: 44.74mg (1.28%), Vitamin B5: 0.12mg (1.23%), Vitamin K: 1.28µg (1.22%)