



Sugar's Browned-Butter Pecan Balls

 Vegetarian

READY IN



105 min.

SERVINGS



48

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon vanilla
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup powdered sugar

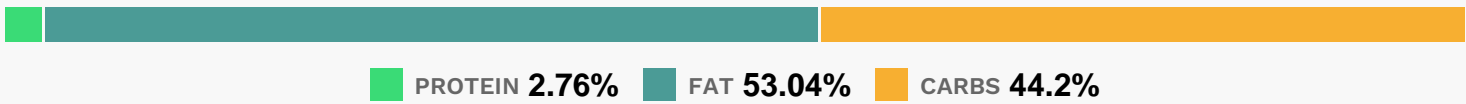
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In 1-quart saucepan, melt butter over medium-high heat.
- ☐ Add pecans; cook about 5 minutes, stirring constantly, until butter begins to turn brown. (Butter will get foamy as it cooks so gently stir to prevent nuts from burning.)
- ☐ Remove from heat; pour into bowl. Refrigerate 15 to 20 minutes or until mixture is cooled.
- ☐ Heat oven to 350°F. In large bowl, beat cooled butter-pecan mixture and granulated sugar with electric mixer on medium speed until well mixed.
- ☐ Add cinnamon and vanilla; beat well. Reduce speed to low; gradually beat in flour until dough forms.
- ☐ Roll dough into 1-inch size balls; place on ungreased cookie sheets.
- ☐ Bake about 12 minutes or until cookies are light golden brown (do not overbake). Immediately remove cookies from cookie sheets to cooling racks. Cool 1 to 2 minutes.
- ☐ Place powdered sugar in medium bowl.
- ☐ Roll warm cookies in powdered sugar to coat; return to cooling racks. Cool completely, about 15 minutes. Reroll cookies in powdered sugar.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:1.0230434791225%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 78.61kcal (3.93%), Fat: 4.7g (7.23%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.66g (6.29%), Cholesterol: 10.17mg (3.39%), Sodium: 30.6mg (1.33%), Alcohol: 0.09g (100%), Alcohol %: 0.75% (100%), Protein: 0.55g (1.1%), Manganese: 0.09mg (4.29%), Vitamin B1: 0.04mg (2.56%), Vitamin A: 118.94IU (2.38%), Selenium: 1.45µg (2.07%), Folate: 7.54µg (1.89%), Vitamin B2: 0.02mg (1.4%), Vitamin B3: 0.25mg (1.24%), Iron: 0.22mg (1.21%)