



## These Pecan Sandies Are Melt-in-the-Mouth Delicious—and So Very Easy to Make

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

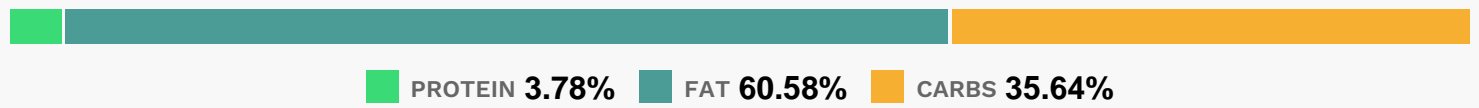
- 0.5 cup butter unsalted room temperature (1 stick)
- 0.5 cup brown sugar packed
- 1.5 teaspoons vanilla extract pure
- 0.3 teaspoon salt
- 1 cup flour all-purpose (spooned and leveled)
- 1 cup pecans coarsely chopped

### Equipment

## Directions

- Toasted-Pecan Butter Cookies
- Brown-Sugar and Pecan Shortbread Cookies
- John's Pecan-Lace Cookies
- Pecan Tassies
- Pecan, Oat, and Dark-Chocolate-Chunk Cookies
- Giant White-Chocolate Pecan Cookies

## Nutrition Facts



## Properties

Glycemic Index:4.72, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:2.6173912886044%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

## Nutrients (% of daily need)

Calories: 132.68kcal (6.63%), Fat: 9.14g (14.07%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.39g (4.14%), Sugar: 6.21g (6.9%), Cholesterol: 13.56mg (4.52%), Sodium: 34.87mg (1.52%), Alcohol: 0.11g (100%), Alcohol %: 0.57% (100%), Protein: 1.28g (2.57%), Manganese: 0.3mg (14.99%), Vitamin B1: 0.09mg (6.08%), Copper: 0.08mg (4.01%), Selenium: 2.7µg (3.86%), Folate: 14.17µg (3.54%), Vitamin A: 160.66IU (3.21%), Fiber: 0.72g (2.86%), Iron: 0.51mg (2.81%), Vitamin B2: 0.04mg (2.58%), Phosphorus: 24.51mg (2.45%), Vitamin B3: 0.49mg (2.43%), Magnesium: 8.9mg (2.22%), Zinc: 0.31mg (2.04%), Vitamin E: 0.23mg (1.52%), Calcium: 11.53mg (1.15%), Potassium: 40.12mg (1.15%)