

Pea Pecan Cookie

Ingredient List	Amount (Baker's %)
All purpose wheat flour	100.0
Precooked yellow pea flour	42.0
Shortening	42.0
Sugar	88.2
Eggs	21.0
Molasses	28.5
Whole pecans	20.0
Baking soda	4.0
Vanilla	1.9
Salt	1.3

Processing:

Cream together the shortening and sugar

Add the egg and molasses and mix until incorporated

Stir in remaining ingredients

Before baking put one on top of the cookie

Roll into balls, dip in sugar and bake for 12 minutes at 350°F

Serving size 1 cookie (33g)

Nutrition Facts	
Serving Size (33g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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