

Brownie Thins

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



67 kcal

DESSERT

Ingredients

- 3 tablespoons flour
- 0.3 teaspoon almond extract
- 1 pinch kosher salt
- 1 large eggs
- 0.3 cup pistachios chopped
- 0.5 cup sugar
- 6 tablespoons butter unsalted cut into pieces ()
- 2 ounces baker's chocolate unsweetened chopped

- 0.3 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- microwave

Directions

- Position rack in lowest third of oven; preheat to 350°F. Butter 2 baking sheets.
- Place butter and chocolate in medium microwave-safe bowl. Microwave on medium-high power until almost completely melted, about 1 minute.
- Whisk until smooth.
- Add sugar and egg; whisk until smooth, about 1 minute.
- Add flour, both extracts, and salt; stir just to blend.
- Let batter stand 10 minutes.
- Scoop rounded teaspoonfuls batter onto prepared baking sheets, spacing apart (12 per sheet). Spray sheet of plastic wrap lightly with nonstick spray.
- Place, sprayed side down, over cookies. Using fingers, press each mound into 2 1/2- to 2 3/4-inch round.
- Remove plastic wrap.
- Sprinkle pistachios over rounds.
- Bake cookies, 1 sheet at a time, until slightly darker at edges and firm in center, about 7 minutes. Cool on sheet 2 minutes.
- Transfer cookies to rack; cool completely. DO AHEAD: Can be made 5 days ahead. Store airtight at room temperature.

Nutrition Facts



■ PROTEIN 5.33% ■ FAT 61.38% ■ CARBS 33.29%

Properties

Glycemic Index:6.8, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.6073913172535%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.8kcal (3.34%), Fat: 4.88g (7.5%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.4g (1.96%), Sugar: 4.3g (4.78%), Cholesterol: 15.27mg (5.09%), Sodium: 5.61mg (0.24%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 0.95g (1.91%), Manganese: 0.12mg (6.06%), Copper: 0.1mg (4.84%), Iron: 0.54mg (3.02%), Magnesium: 9.81mg (2.45%), Fiber: 0.55g (2.2%), Phosphorus: 21.71mg (2.17%), Vitamin A: 104.03IU (2.08%), Zinc: 0.29mg (1.95%), Selenium: 1.3µg (1.85%), Vitamin B1: 0.02mg (1.53%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.21%), Potassium: 37.67mg (1.08%), Folate: 4.11µg (1.03%)