



## Butterscotch Pistachio 'Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



65

CALORIES



70 kcal

DESSERT

### Ingredients

- ☐ 2 cups t brown sugar dark
- ☐ 2 teaspoons double cream
- ☐ 3 large eggs
- ☐ 1.5 cups flour
- ☐ 1 cup pistachios raw
- ☐ 1 teaspoon salt
- ☐ 0.8 cup butter salted
- ☐ 3 teaspoons vanilla extract

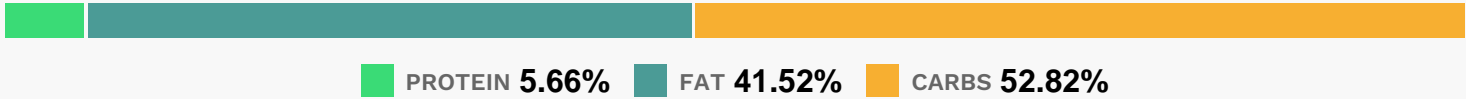
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ spatula

## Directions

- ☐ Melt and cool butter.
- ☐ Combine: eggs, brown sugar, and vanilla extract.
- ☐ Mix well with a wooden spoon.
- ☐ Mix in cooled, melted, butter.
- ☐ Sift and measure flour. Measure salt, baking soda and re-sift with flour.
- ☐ Incorporate flour into mixture with the wooden spoon.
- ☐ Chop or mince the pistachios. I used a food processor, pulse until small pieces, not flour like.
- ☐ Mix in nuts.
- ☐ Line sheet pan with parchment paper, tuck into corners.
- ☐ Use the spatula to 'pour' out batter onto lined pan. It is very viscous, so I recommend putting in 3 areas of the pan and then spread with the spatula.
- ☐ Spread it until it is as even as possible. It might not reach all the corners evenly, however it will spread while baking.
- ☐ Bake about 20 minutes. Rotate 180 degrees at the midway point. Check at 1
- ☐ It should be evenly baked.
- ☐ Cool until warm.
- ☐ Cut while warm. I used a fluted pasta cutter about 1 1/2" across. Enjoy with Milk ;)
- ☐ That recipe makes 65 cookies that size with enough trim to make a nice batch of vanilla ice cream and fold them in. A whole 'nother level of cookie dough ice cream.

# Nutrition Facts



## Properties

Glycemic Index:2.2, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:1.2495652216932%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 69.99kcal (3.5%), Fat: 3.29g (5.06%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 9.14g (3.32%), Sugar: 6.76g (7.51%), Cholesterol: 14.39mg (4.8%), Sodium: 57.93mg (2.52%), Alcohol: 0.06g (100%), Alcohol %: 0.48% (100%), Protein: 1.01g (2.01%), Selenium: 1.93µg (2.76%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.39%), Vitamin B6: 0.04mg (2.02%), Folate: 7.48µg (1.87%), Phosphorus: 17.96mg (1.8%), Vitamin A: 88.03IU (1.76%), Vitamin B2: 0.03mg (1.72%), Copper: 0.03mg (1.69%), Iron: 0.3mg (1.65%), Fiber: 0.27g (1.09%), Vitamin B3: 0.21mg (1.03%), Potassium: 35.73mg (1.02%), Calcium: 10.1mg (1.01%)