



Cappuccino-Pistachio Shortbread

 Dairy Free

READY IN



105 min.

SERVINGS



32

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons coffee instant
- ☐ 1 tablespoon water
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup pistachios chopped
- ☐ 1 ounce baker's chocolate white (chocolate)
- ☐ 1 teaspoon shortening

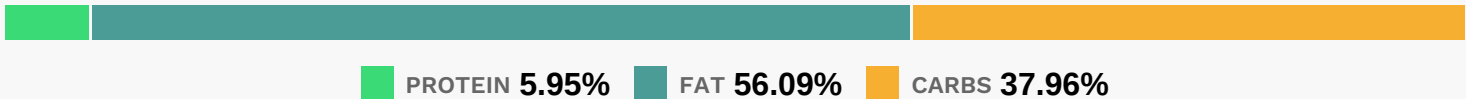
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Dissolve coffee mix in water in medium bowl.
- ☐ Add butter and powdered sugar. Beat with electric mixer on medium speed until creamy, or mix with spoon. Stir in flour and nuts, using hands if necessary, until stiff dough forms.
- ☐ Divide dough in half. Shape each half into a ball. Pat each ball into 6-inch round, about 1/2 inch thick, on lightly floured surface.
- ☐ Cut each round into 16 wedges. Arrange wedges about 1/2 inch apart and with pointed ends toward center on ungreased cookie sheet.
- ☐ Bake about 15 minutes or until golden brown. Immediately remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ Place chocolate and shortening in small microwavable bowl. Microwave uncovered on Medium (50%) 3 to 4 minutes, stirring after 2 minutes, until mixture can be stirred smooth and is thin enough to drizzle.
- ☐ Drizzle over cookies.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:4.37, Inflammation Score:-2, Nutrition Score:2.1586956478979%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg 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: 91.69kcal (4.58%), Fat: 5.85g (9%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.35g (3.04%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 50.74mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.52mg (3.51%), Protein: 1.4g (2.79%), Manganese: 0.12mg (5.93%), Vitamin B1: 0.08mg (5.33%), Selenium: 2.91µg (4.15%), Vitamin A: 198.28IU (3.97%), Folate: 15.58µg (3.89%), Iron: 0.61mg (3.37%), Copper: 0.07mg (3.28%), Vitamin B3: 0.59mg (2.94%), Vitamin B2: 0.05mg (2.65%), Phosphorus: 23.57mg (2.36%), Fiber: 0.56g (2.22%), Magnesium: 8.13mg (2.03%), Vitamin B6: 0.04mg (1.85%), Vitamin E: 0.23mg (1.51%), Potassium: 48.75mg (1.39%), Zinc: 0.18mg (1.22%)