



Chef John's Orange Pistachio "Greenies"

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



296 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter melted
- 2 cups dry-roasted pistachio nuts shelled
- 2 eggs
- 0.5 cup flour all-purpose
- 1 tablespoon milk
- 1 tablespoon orange juice
- 2 teaspoons orange zest freshly grated

- 0.5 teaspoon salt to taste (see footnote)
- 0.3 teaspoon vanilla extract
- 0.5 cup sugar white

Equipment

- food processor
- bowl
- oven
- whisk
- mixing bowl
- baking pan
- toothpicks

Directions

- Whisk 2 tablespoons orange zest into melted butter in a mixing bowl, followed by white sugar, until sugar has dissolved, about 2 minutes.
- Whisk in eggs until light and fluffy, about 2 more minutes. Stir 1 tablespoon orange juice, milk, and vanilla extract into egg mixture.
- Place pistachios into a food processor and pulse until coarsely ground.
- Add salt, baking powder, and flour to pistachios; pulse until combined, 3 to 4 times. Stir pistachio mixture into wet ingredients until batter is combined. Gently fold in chocolate chips.
- Preheat oven to 350 degrees F; generously butter a 9x9-inch square baking dish.
- Spread batter into prepared baking dish. Tap the dish several times on a sturdy work surface to eliminate air bubbles.
- Bake in the preheated oven until top is lightly golden brown and a toothpick inserted into the center comes out clean, 20 to 25 minutes.
- Stir 1 tablespoon orange juice with 2 teaspoons orange zest in a small bowl; mix in confectioners' sugar to form a thin, runny glaze.
- Drizzle glaze on top of pistachio bars and spread to cover top.
- Cut into squares once cooled.

Nutrition Facts

PROTEIN 8.97% FAT 62.45% CARBS 28.58%

Properties

Glycemic Index:39.51, Glycemic Load:11.36, Inflammation Score:-4, Nutrition Score:8.1321739347085%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 295.91kcal (14.8%), Fat: 21.35g (32.85%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.23g (6.99%), Sugar: 12.15g (13.5%), Cholesterol: 57.32mg (19.11%), Sodium: 224.03mg (9.74%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 6.9g (13.81%), Vitamin B6: 0.44mg (21.93%), Vitamin B1: 0.27mg (18%), Manganese: 0.34mg (17.08%), Copper: 0.34mg (16.86%), Phosphorus: 153.71mg (15.37%), Fiber: 2.75g (10.99%), Selenium: 6.75µg (9.64%), Vitamin A: 440.76IU (8.82%), Magnesium: 32.95mg (8.24%), Iron: 1.45mg (8.03%), Potassium: 280.62mg (8.02%), Folate: 29.09µg (7.27%), Vitamin B2: 0.12mg (7.01%), Vitamin E: 0.93mg (6.18%), Calcium: 49.03mg (4.9%), Zinc: 0.72mg (4.79%), Vitamin B3: 0.71mg (3.56%), Vitamin C: 2.77mg (3.36%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.19µg (1.28%)