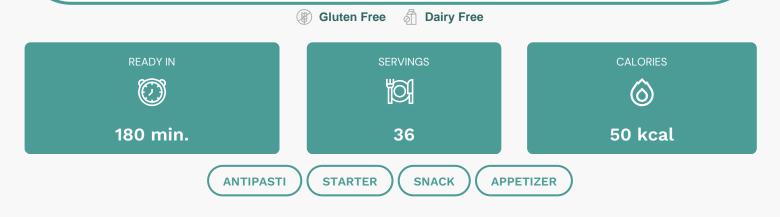


Chocolate-Dipped Spritz Washboards with Pistachios



Ingredients

O.8 teaspoon almond extract pure
7 ounces bittersweet chocolate 60% good (cacao
1 cup powdered sugar
0.3 cup pistachios salted finely chopped

Equipment

bowl
frying pan

baking paper oven knife wax paper microwave spatula Directions Heat oven to 350°F with rack in middle. Eliminate the egg. Substitute 1 cup confectioners' sugar for the granulated sugar and substitute 3 almond extract for the 1 teaspoon vanilla extract. Pack the cylinder of the press with some of the dough. Proceed according to t instructions. Pipe the dough in 3-inch-long strips onto a large ungreased bakin spacing them 1 inch apart. Use a paring knife to cut the dough free from the color freeze or chill the cookies on the baking sheet until firm. Bake until edges are pale golden, 7 to 10 minutes. Cool on sheets 2 minutes, the cookies with a metal spatula to racks to cool. Continue to pipe, chill, and bake more spritz washboards in batches with rema (pipe and chill on second sheet while first sheet is baking; cool baking sheets be batches and use fresh parchment paper). Melt chocolate (see Cooks' Notes) in a deep metal bowl set over a pan of bare water, stirring occasionally until smooth.	
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	ly simmering
Remove bowl from the pan. Use a folded towel to tilt the bowl slightly, so that chocolate is deep enough for dipping the cookies.	he melted
Put pistachios in a shallow bowl.	
Set cooling racks on baking sheets.	
Dip cookies, one at a time, in chocolate so that it coats about half the cookie of then scrape off the excess chocolate from the bottom of the cookie against the bowl.	

Nutrition Facts			
	Put the chopped chocolate in the bowl and microwave it at 50% power at 30-second intervals, checking it and stirring it, each time, until it is smooth.•To best maintain the distinct fluted ridges on the cookies, freeze or chill the piped strips until firm before baking them.•Cookies keep in an airtight container in single layers, separated by wax paper, in a cool place, 5 days.		
	Heat the chocolate, stirring occasionally, until it is smooth. Alternatively, you can heat it in a microwave-safe bowl.		
	•To melt chocolate successfully: Keep chocolate from coming in contact with even the smallest amount of water. Chop the chocolate first, then put it in a dry metal bowl and set the bowl over a pan of barely simmering water.		
	Let cookies stand at room temperature until the chocolate has set, about 1 hour.		
	Sprinkle the chocolate with some pistachios and arrange the cookies on the racks.		

Properties

Glycemic Index:0.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0373913080472%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

PROTEIN 4.05% FAT 44.65% CARBS 51.3%

Nutrients (% of daily need)

Calories: 49.92kcal (2.5%), Fat: 2.5g (3.85%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.93g (2.16%), Sugar: 5.36g (5.96%), Cholesterol: 0.33mg (0.11%), Sodium: 0.63mg (0.03%), Alcohol: 0.03g (100%), Alcohol %: 0.37% (100%), Caffeine: 4.74mg (1.58%), Protein: 0.51g (1.02%), Manganese: 0.08mg (4.18%), Copper: 0.08mg (4.01%), Magnesium: 10.75mg (2.69%), Iron: 0.38mg (2.13%), Fiber: 0.53g (2.12%), Phosphorus: 18.52mg (1.85%), Potassium: 40.2mg (1.15%), Zinc: 0.17mg (1.1%)