



Chocolate-Pistachio Sablés

READY IN



45 min.

SERVINGS



96

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoons baking soda
- ☐ 1 large egg whites
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 cups brown sugar light packed (lightly)
- ☐ 96 servings sea salt (such as Maldon)
- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 1.5 cups butter unsalted room temperature ()
- ☐ 1 cup pistachios raw unsalted shelled coarsely chopped

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

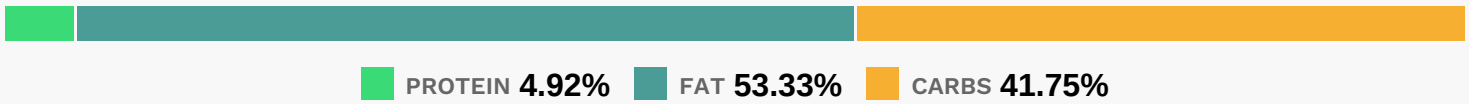
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Whisk flour, cocoa powder, kosher salt, and baking soda in a medium bowl. Using an electric mixer on high speed, beat butter, brown sugar, and vanilla until light and fluffy, about 4 minutes. Reduce speed to low and gradually add dry ingredients; mix just to combine, then mix in egg white. Fold in chocolate and pistachios.
- ☐ Divide dough into 4 pieces.
- ☐ Roll each piece into an 8"–long log about 1 1/2" in diameter, pushing dough together if it feels crumbly. Wrap tightly in parchment paper and chill until firm, at least 4 hours. (The colder your dough, the easier it will be to slice.)
- ☐ Place racks in lower and upper thirds of oven; preheat to 350°F. Working with 1 log of dough at a time and using a serrated knife, cut logs into 1/4"–thick rounds and transfer to 2 parchment-lined baking sheets, spacing 1/2" apart.
- ☐ Sprinkle cookies with sea salt and bake, rotating baking sheets halfway through, until set around edges and centers look dry, 10–12 minutes.
- ☐ Transfer to wire racks and let cool.
- ☐ MAKE AHEAD: Cookie dough can be made 1 month ahead; freeze instead of chilling. Slice frozen logs into rounds just before baking.
- ☐ Master the Dough Log
- ☐ Divide dough into 4 pieces.

- ☐
- Place each piece in the center of a sheet of parchment paper and form into a log, about 8" long and 1 1/2" in diameter.
- ☐
- Just like you'd roll up a poster, wrap the parchment around the log, smoothing the paper and pressing out air with your hands. Twist the ends of the parchment tightly to compact the dough log.
- ☐
- After wrapping, roll log on a flat surface to create a tight cylinder.
- ☐
- Let chill at least 1 hour before slicing and baking, or wrap tightly in plastic if freezing.

Nutrition Facts



Properties

Glycemic Index:0.78, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:1.3556521892872%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 67.54kcal (3.38%), Fat: 4.12g (6.34%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.76g (2.46%), Sugar: 4g (4.45%), Cholesterol: 7.71mg (2.57%), Sodium: 219.97mg (9.56%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0.86g (1.71%), Manganese: 0.08mg (3.89%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.37%), Selenium: 1.57µg (2.24%), Iron: 0.39mg (2.14%), Fiber: 0.5g (2.01%), Vitamin A: 92.69IU (1.85%), Magnesium: 7.38mg (1.84%), Phosphorus: 17.69mg (1.77%), Folate: 6.91µg (1.73%), Vitamin B2: 0.02mg (1.39%), Vitamin B3: 0.24mg (1.19%), Potassium: 37.69mg (1.08%)