



Chocolate Pistachio Thins



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 14 grams hershey's cocoa powder dark unsweetened
- ☐ 4 large egg whites at room temperature
- ☐ 114 grams flour all-purpose (1 cup minus 2 tablespoons)
- ☐ 114 grams granulated sugar ()
- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup pistachio pieces shelled
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ aluminum foil
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8 ½ by 4 ½ inch metal loaf pan with nonstick foil or grease well and line with parchment paper. In a small bowl, stir together the flour, cocoa powder and salt. Set aside. In a large mixing bowl, beat egg whites until stiff peaks start to form. With the mixer going, gradually add the sugar a heaping tablespoons at a time, followed by the extracts and olive oil. With a large rubber or silicone scraper, gently fold in the flour mixture – you'll lose some of the volume when you do this, but that's okay. Fold in the nuts,
- ☐ Spread the batter evenly in the loaf pan and bake on center rack for 25 minutes or until it appears set.
- ☐ Let cool in the pan for an hour, then lift from pan and cool completely. Or you can chill it (which makes it easier to slice) until ready for the second bake.
- ☐ Heat the oven to 200 degrees F. Set the chocolate loaf on a cutting board. Using a large serrated knife, slice 1/4 inch thick pieces and lay them on a parchment lined baking sheet.
- ☐ Bake the pieces for about an hour at 200 degrees.
- ☐ Let cool completely on a wire rack.

Nutrition Facts



 **PROTEIN 11.33%**  **FAT 30.71%**  **CARBS 57.96%**

Properties

Glycemic Index:5.44, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.5391304411966%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 51.88kcal (2.59%), Fat: 1.83g (2.81%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.08g (4.53%), Cholesterol: 0mg (0%), Sodium: 46.33mg (2.01%), Alcohol: 0.07g (100%), Alcohol %: 0.55% (100%), Protein: 1.52g (3.04%), Manganese: 0.08mg (3.89%), Vitamin B1: 0.05mg (3.61%), Selenium: 2.45µg (3.5%), Copper: 0.06mg (3.01%), Vitamin B2: 0.04mg (2.62%), Vitamin B6: 0.05mg (2.45%), Fiber: 0.56g (2.23%), Folate: 8.67µg (2.17%), Phosphorus: 21.59mg (2.16%), Iron: 0.36mg (1.98%), Magnesium: 6.98mg (1.75%), Vitamin B3: 0.28mg (1.38%), Potassium: 46.73mg (1.34%)