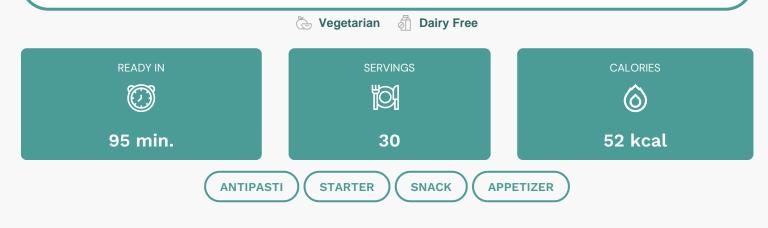


Chocolate Pistachio Thins



Ingredients

I 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

Ш	0.5 teaspoon vanilla extract
Ec	uipment
	frying pan
	baking sheet
	baking paper
	oven
	mixing bowl
	wire rack
	blender
	loaf pan
	aluminum foil
	cutting board
	serrated knife
Di	rections
	Preheat the oven to 350 degrees F. Line an 8 ½ by 4 ½ inch metal loaf pan with nonstick foil of grease well and line with parchment paper. In a small bowl, stir together the flour, cocoal 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, Catechin: 0.4mg, Catechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Catechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.09mg, Quercetin: 0.09mg, 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: Omg (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%)