

Cook the Book: Mini Pistachio Tea Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 2 extra large eggs at room temperature
- ☐ 2.3 ounces flour all-purpose
- ☐ 3.5 ounces granulated sugar
- ☐ 3 ounces pistachios packed
- ☐ 0.3 teaspoon sea salt fine-grained
- ☐ 3 ounces butter unsalted softened (6 tablespoons,)
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

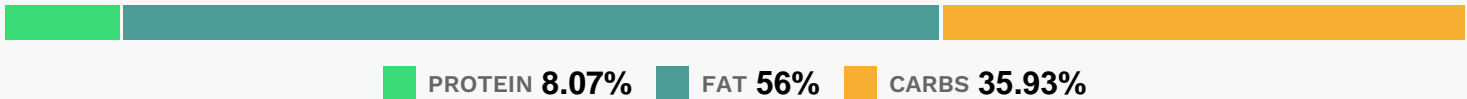
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ stand mixer
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Position an rack in the upper third of the oven and preheat the oven to 400° F.
- ☐ Place the mini muffin pans on a baking sheet.
- ☐ Beat the butter in the bowl of an electric stand mixer with the flat beater attachment or in a large mixing bowl using a hand-held mixer until it's light and fluffy, about 2 minutes.
- ☐ Add the granulated sugar and beat until smooth. Stop and scrape down the sides and bottom of the bowl with a rubber spatula.
- ☐ Add the pistachio paste and vanilla and mix until smooth and thoroughly combined. One at a time, add the eggs. They will sit on top of the mixture, so be sure to scape down the sides and bottom of the bowl with a rubber spatula. Blend thoroughly.
- ☐ Sift the flour into a medium-size bowl.
- ☐ Add the salt and toss to blend.
- ☐ Add this mixture to the butter mixture in 2 stages, blending well after each addition. Stop after each addition and scrape down the sides and bottom of the bowl.
- ☐ Sift the flour into a medium-size bowl.
- ☐ Add the salt and toss to blend.
- ☐ Add this mixture to the butter mixture in 2 stages, blending well after each addition. Stop after each addition and scrape down the sides and bottom of the bowl.
- ☐ Pour the batter into a 2-cup liquid measuring cup and divide it evenly among the cavities of the mini muffin pans.

- ☐ Bake the cakes for 13 to 15 minutes, until light golden and a cake tester inserted in the center comes out clean.
- ☐ Remove the baking sheet from the oven and transfer the mini muffin pans to racks to cool completely. Turn the mini muffin pans upside down and press the cakes out, then turn them right side up.
- ☐ Dust the tops of the cakes with confectioners' sugar.
- ☐ Serve the cakes at room temperature.
- ☐ Note on storing the tea cakes: Store the tea cakes tightly wrapped in aluminum foil at room temperature up to 4 days. To freeze up to 4 months, wrap them tightly in several layers of plastic wrap and aluminum foil. Use a large piece of masking tape and an indelible marker to label and date the contents. If frozen, defrost the cakes overnight in the refrigerator and bring to room temperature before serving.
- ☐ Note on adding style: Top each cake with 2 or 3 toasted pistachio nuts before baking.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:4.46, Inflammation Score:-1, Nutrition Score:1.7826086924128%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 77.83kcal (3.89%), Fat: 4.97g (7.64%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.73g (2.45%), Sugar: 4.43g (4.93%), Cholesterol: 24.98mg (8.33%), Sodium: 31.38mg (1.36%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.61g (3.22%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.05mg (3.58%), Vitamin B6: 0.07mg (3.47%), Manganese: 0.06mg (3.13%), Phosphorus: 30.33mg (3.03%), Copper: 0.05mg (2.71%), Vitamin A: 128.46IU (2.57%), Vitamin B2: 0.04mg (2.48%), Folate: 8.97µg (2.24%), Iron: 0.35mg (1.93%), Fiber: 0.44g (1.75%), Vitamin E: 0.21mg (1.43%), Magnesium: 5.51mg (1.38%), Potassium: 46.67mg (1.33%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.11mg (1.06%), Vitamin B3: 0.21mg (1.04%)