



Cranberry Pistachio Shortbread Cookies

 Popular

READY IN



46 min.

SERVINGS



60

CALORIES



472 kcal

DESSERT

Ingredients

- 1.5 cups butter softened
- 60 servings vegan butter substitute for vegans
- 1 cup cranberries dried
- 60 servings cranberries - any other fruit dried
- 60 servings vanilla extract - maple extract
- 0.3 cup maple syrup
- 60 servings maple syrup - honey
- 60 servings pastry flour - flour whole wheat white all-purpose

- 60 servings pistachio – any nuts
- 1 cup pistachios toasted
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white
- 3 cups pastry flour whole wheat

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- wire rack
- blender
- plastic wrap
- wooden spoon
- spatula

Directions

- Cream together the butter, sugar, maple syrup and vanilla extract using an electric beater.
- Add flour one cup at a time and the salt, mixing well after each cup is added. Do not use the beater for this, just mix it with a wooden spoon or spatula. Beating it with a hand held mixer might result it tough cookies. Stir in the cranberries and pistachios. Shape dough into two logs, each log about 10 inches long. Wrap it tightly with parchment paper or plastic wrap and chill it in the refrigerator for at least 2 hours. I chilled mine overnight. Preheat oven to 350F/180C for 15 minutes. Line baking sheet(s) with parchment paper.
- Cut each log into 1/4-1/2 inch slices and arrange on the baking sheet(s).
- Bake for about 18-20 minutes, or until lightly browned. I took out mine just after 18 minutes. Cool the sheets on a wire rack and let it be for 5 minutes. After that remove the cookies off the pan and let it cool completely on the wire rack before storing it in an air-tight container.

Nutrition Facts

PROTEIN 6.27% FAT 54.41% CARBS 39.32%

Properties

Glycemic Index:3.82, Glycemic Load:7.34, Inflammation Score:-7, Nutrition Score:13.798260880553%

Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 472.03kcal (23.6%), Fat: 29.83g (45.9%), Saturated Fat: 6.97g (43.55%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 42.67g (15.52%), Sugar: 31.59g (35.1%), Cholesterol: 12.2mg (4.07%), Sodium: 196.3mg (8.53%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 7.74g (15.48%), Manganese: 1.17mg (58.69%), Vitamin B6: 0.56mg (28.03%), Copper: 0.51mg (25.48%), Fiber: 5.85g (23.39%), Vitamin A: 1125.81IU (22.52%), Vitamin B1: 0.33mg (21.79%), Vitamin B2: 0.37mg (21.6%), Phosphorus: 191.2mg (19.12%), Magnesium: 56.98mg (14.25%), Potassium: 495.27mg (14.15%), Iron: 1.83mg (10.17%), Selenium: 6.51µg (9.3%), Vitamin E: 1.35mg (8.99%), Zinc: 1.11mg (7.38%), Calcium: 68.9mg (6.89%), Vitamin B3: 1.24mg (6.18%), Vitamin K: 6.13µg (5.84%), Folate: 21.09µg (5.27%), Vitamin C: 4.32mg (5.24%), Vitamin B5: 0.27mg (2.69%)