



## Pistachio-Cherry Sandwiches

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup cherry preserves sour for filling
- 1 large egg yolk
- 1.8 cups flour all-purpose
- 2 tablespoons honey
- 4 ounces blanched and pistachios peeled
- 0.5 cup sugar
- 2 sticks butter unsalted softened cut into small pieces,
- 1 teaspoon vanilla extract

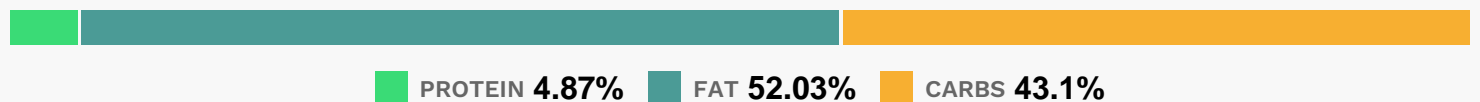
## Equipment

- food processor
- baking sheet
- baking paper
- oven
- plastic wrap
- spatula

## Directions

- Pulse the butter, sugar, honey, egg yolk and vanilla in a food processor until creamy, scraping down the processor with a rubber spatula as needed.
- Add the flour and pistachios and pulse until the dough just comes together, 4 to 5 pulses.
- Transfer the dough to a sheet of parchment paper and knead until uniform. Divide the dough in half.
- Roll each half into a compact log, about 1 inch in diameter. Wrap the logs individually in parchment paper or plastic wrap and freeze until firm, at least 30 minutes and up to 3 weeks.
- Preheat the oven to 325 degrees F. Line 2 baking sheets with parchment paper. Slice the logs into 1/4-inch-thick rounds and place them on the prepared baking sheets.
- Bake until the cookies are firm and lightly browned, 12 to 15 minutes.
- Let cool 2 minutes on the baking sheets, then transfer to a rack to cool completely.
- Spoon about 1/4 teaspoon cherry preserves on the undersides of half of the cookies, then sandwich with the remaining cookies. Store in an airtight container 2 to 3 days.
- Photograph by Steve Giralt

## Nutrition Facts



## Properties

Glycemic Index:9.01, Glycemic Load:9.18, Inflammation Score:-2, Nutrition Score:2.4443477975286%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 136.85kcal (6.84%), Fat: 8.06g (12.4%), Saturated Fat: 4.15g (25.91%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.37g (5.23%), Sugar: 7.56g (8.4%), Cholesterol: 22.32mg (7.44%), Sodium: 3.2mg (0.14%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.7g (3.4%), Vitamin B1: 0.09mg (6.16%), Manganese: 0.1mg (4.98%), Selenium: 3.27µg (4.68%), Vitamin A: 212.12IU (4.24%), Folate: 16.98µg (4.24%), Vitamin B6: 0.07mg (3.56%), Copper: 0.07mg (3.39%), Phosphorus: 31.56mg (3.16%), Vitamin B2: 0.05mg (3.13%), Iron: 0.54mg (2.99%), Fiber: 0.65g (2.61%), Vitamin B3: 0.49mg (2.44%), Vitamin E: 0.29mg (1.92%), Magnesium: 6.63mg (1.66%), Potassium: 54.33mg (1.55%), Zinc: 0.16mg (1.07%)