



Pistachio & cranberry cookies



Vegetarian



Popular

READY IN



30 min.

SERVINGS



22

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 175 g butter softened
- ☐ 85 g brown sugar
- ☐ 0.5 tsp vanilla extract
- ☐ 225 g flour plain
- ☐ 75 g pistachios
- ☐ 75 g cranberries dried

Equipment

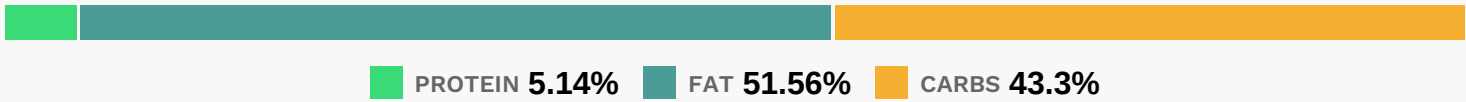
- ☐ oven

- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Mix the butter, sugar and vanilla extract with a wooden spoon. stir in the flour, then tip in the pistachios and cranberries you might need to get your hands in at this stage to bring the mix together as a dough. Halve the dough and shape each half into a log about 5cm across. Wrap in cling film, then chill for 1 hr or freeze for up to 3 months.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ slice the logs into 1cm-thick rounds, place on a baking tray lined with baking parchment and bake for 12-15 mins. Cool completely on the tray.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:2.6708695409091%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg 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 Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 138.88kcal (6.94%), Fat: 8.14g (12.52%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 14.56g (5.3%), Sugar: 6.53g (7.25%), Cholesterol: 17.1mg (5.7%), Sodium: 52.65mg (2.29%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.83g (3.65%), Vitamin B1: 0.11mg (7.39%), Manganese: 0.12mg (6.12%), Selenium: 3.85µg (5.5%), Folate: 20.73µg (5.18%), Vitamin A: 212.93IU (4.26%), Iron: 0.65mg (3.61%), Vitamin B2: 0.06mg (3.51%), Vitamin B3: 0.67mg (3.37%), Vitamin B6: 0.07mg (3.28%), Fiber: 0.81g (3.23%), Copper: 0.06mg (3.15%), Phosphorus: 30.09mg (3.01%), Vitamin E: 0.34mg (2.27%), Magnesium: 7.03mg (1.76%), Potassium: 54.75mg (1.56%), Zinc: 0.16mg (1.06%), Calcium: 10.55mg (1.05%)