



Pistachio-Cranberry Divinity

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 egg whites
- 0.3 cup water
- 0.3 cup plus light
- 1.5 cups sugar
- 0.5 teaspoon vanilla
- 0.5 cup pistachios chopped
- 0.3 cup cranberries dried sweetened coarsely chopped

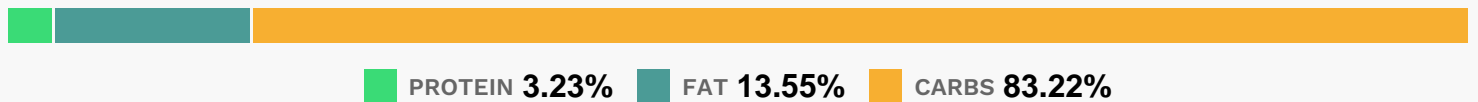
Equipment

- bowl
- baking sheet
- sauce pan
- hand mixer
- candy thermometer

Directions

- Line large cookie sheet with waxed paper. In medium bowl, beat egg white with electric mixer on high speed until soft peaks form; set aside.
- In 2-quart heavy saucepan, mix water, corn syrup and sugar. Cook over medium heat, stirring constantly, until sugar is dissolved. Without stirring, cook over medium heat 8 to 10 minutes or until syrup reaches 250°F on candy thermometer.
- When syrup is 250°F, continue beating egg white on high speed while slowly pouring syrup into egg white. Beat 2 to 3 minutes or until mixture holds a soft peak and does not flatten when dropped from a spoon.
- Fold in vanilla, nuts and cranberries. Quickly spoon mixture by rounded teaspoonfuls onto cookie sheet.
- Let stand about 30 minutes or until completely set.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:11.19, Inflammation Score:-1, Nutrition Score:0.85826087597272%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 92.83kcal (4.64%), Fat: 1.47g (2.26%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 19.94g (7.25%), Sugar: 19.6g (21.78%), Cholesterol: 0mg (0%), Sodium: 5.55mg (0.24%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.79g (1.58%), Vitamin B6: 0.05mg (2.65%), Copper: 0.04mg (2.14%), Manganese: 0.04mg (2.1%), Vitamin B1: 0.03mg (1.97%), Fiber: 0.4g (1.59%), Phosphorus: 15.42mg (1.54%), Potassium: 35.2mg (1.01%), Magnesium: 4.03mg (1.01%)