



 1%
HEALTH SCORE

Pistachio-Cranberry Torrone

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



18

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pieces you will also need: parchment paper (9 by 13 inches each)
- 1 cup sugar
- 0.5 cup honey
- 3 tablespoons plus light
- 2 large egg whites room temperature
- 1 teaspoon vanilla extract pure
- 7 ounces pistachios salted shelled
- 4 ounces coconut shredded unsweetened finely

- 0.5 cup cranberries dried

Equipment

- bowl
- baking sheet
- sauce pan
- knife
- whisk
- wire rack
- hand mixer
- cutting board
- candy thermometer

Directions

- Place 1 piece of rice paper in a 9-by-13-inch rimmed baking sheet; set aside. Put sugar, honey, corn syrup, and 1/2 cup water in a medium saucepan over medium heat. Cook, stirring occasionally, until mixture just begins to simmer and sugar has dissolved, about 6 minutes. Continue to cook, without stirring, until mixture reaches 300 degrees on a candy thermometer.
- Meanwhile, put egg whites into the bowl of an electric mixer fitted with the whisk attachment. Beat on medium-high speed until stiff (but not dry) peaks form. Raise speed to high.
- Pour hot honey mixture into egg-white mixture in a slow, steady stream, and beat until mixture has cooled and thickened and begins to stick to whisk, about 10 minutes. Reduce speed to medium-low; beat in vanilla, pistachios, coconut, and cranberries.
- Working quickly, spread mixture into prepared dish.
- Place another sheet of rice paper on top; press down to flatten and spread evenly.
- Let cool on wire rack at least 3 hours, or overnight.
- Cut around edges of torrone to loosen.
- Remove from baking sheet; transfer to a cutting board. Trim edges to be straight. Using a long, sharp knife, cut crosswise into 3/4-inch slices.

Nutrition Facts

PROTEIN 5.9% FAT 39.03% CARBS 55.07%

Properties

Glycemic Index:8.85, Glycemic Load:12.68, Inflammation Score:-1, Nutrition Score:4.0478261111547%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 198.56kcal (9.93%), Fat: 9.16g (14.09%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 26.71g (9.71%), Sugar: 25.44g (28.27%), Cholesterol: 0.01mg (0%), Sodium: 12.11mg (0.53%), Alcohol: 0.08g (100%), Alcohol %: 0.2% (100%), Protein: 3.11g (6.23%), Manganese: 0.32mg (16.19%), Vitamin B6: 0.21mg (10.51%), Copper: 0.2mg (10.05%), Fiber: 2.36g (9.45%), Vitamin B1: 0.1mg (6.87%), Phosphorus: 68.3mg (6.83%), Magnesium: 19.82mg (4.96%), Potassium: 160.41mg (4.58%), Selenium: 2.89µg (4.13%), Iron: 0.71mg (3.92%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.41mg (2.75%), Vitamin E: 0.35mg (2.35%), Folate: 6.62µg (1.66%), Calcium: 15mg (1.5%), Vitamin B5: 0.13mg (1.29%), Vitamin B3: 0.22mg (1.11%)