

Pistachio Crunch

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



728 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces vanilla-flavored candy coating
- ☐ 0.3 cup candied cranberries chopped
- ☐ 0.3 cup pistachios toasted chopped

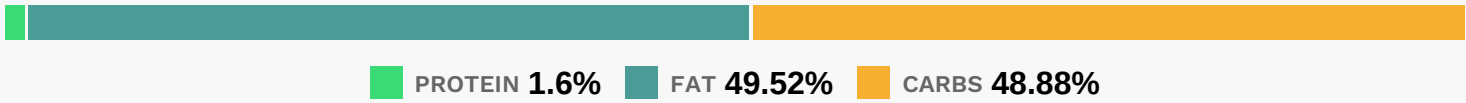
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Melt candy coating in a heavy saucepan over low heat, stirring constantly.
- ☐ Remove from heat.
- ☐ Stir in nuts and cranberries.
- ☐ Spread mixture in a thick layer (about 1/4") on a wax paper-lined baking sheet.
- ☐ Let cool completely. Break into pieces or use Christmas cookie cutters to cut desired shapes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.74, Inflammation Score:0, Nutrition Score:3.5030434662881%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 728.14kcal (36.41%), Fat: 38.61g (59.4%), Saturated Fat: 33.16g (207.24%), Carbohydrates: 85.76g (28.59%), Net Carbohydrates: 84.05g (30.56%), Sugar: 82.4g (91.56%), Cholesterol: 0mg (0%), Sodium: 33.19mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin B6: 0.24mg (11.85%), Manganese: 0.19mg (9.7%), Copper: 0.18mg (9.12%), Vitamin B1: 0.12mg (7.99%), Fiber: 1.71g (6.83%), Phosphorus: 67.88mg (6.79%), Magnesium: 17.04mg (4.26%), Potassium: 146.75mg (4.19%), Iron: 0.55mg (3.08%), Vitamin E: 0.42mg (2.83%), Vitamin C: 1.93mg (2.34%), Zinc: 0.31mg (2.05%), Folate: 7.05µg (1.76%), Calcium: 15.02mg (1.5%), Vitamin B2: 0.02mg (1.38%), Selenium: 0.96µg (1.38%), Vitamin A: 61.72IU (1.23%)