



Pistachio Dark-Chocolate Crisps

READY IN



60 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.1 teaspoon curry powder
- ☐ 1 large egg whites
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pistachios shelled chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 stick butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract pure

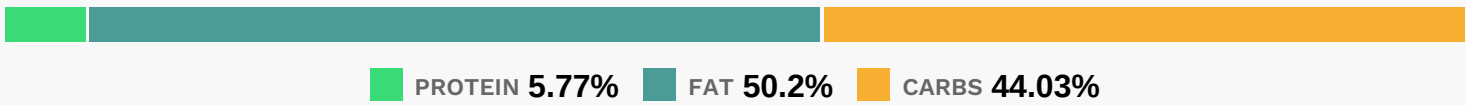
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F with rack in middle. Line a large baking sheet with parchment.
- ☐ Blend butter, brown sugar, flour, vanilla, salt, curry powder, and egg white in a food processor until smooth.
- ☐ Glue parchment down with a dab of batter in each corner, then spread remaining batter evenly into a 14- by 10-inch rectangle (1/8-inch-thick) on parchment with spatula. Scatter chocolate and nuts evenly over batter, then bake until firm and golden-brown, 18 to 20 minutes.
- ☐ Transfer, still on parchment, to a rack to cool completely.
- ☐ Remove from paper, breaking into pieces.
- ☐ Crisps can be made 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:3.34, Inflammation Score:-3, Nutrition Score:4.2734782345917%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 210.21kcal (10.51%), Fat: 12g (18.46%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 22.16g (8.06%), Sugar: 16.59g (18.44%), Cholesterol: 15.61mg (5.2%), Sodium: 48.74mg (2.12%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.1mg (2.03%), Protein: 3.1g (6.21%), Manganese: 0.24mg (11.79%), Copper: 0.21mg (10.27%), Vitamin B1: 0.11mg (7.59%), Vitamin B6: 0.14mg (7.1%), Phosphorus: 65.15mg (6.52%), Magnesium: 24.94mg (6.24%), Iron: 1.12mg (6.24%), Fiber: 1.52g (6.08%), Selenium: 4.11µg (5.87%), Potassium: 152.38mg (4.35%), Vitamin A: 212.25IU (4.24%), Vitamin B2: 0.06mg (3.78%), Folate: 14.78µg (3.69%), Zinc: 0.41mg (2.73%), Calcium: 26.89mg (2.69%), Vitamin E: 0.39mg (2.62%), Vitamin B3: 0.52mg (2.58%), Vitamin B5: 0.12mg (1.2%)