



Pistachio & milk chocolate squares

 Popular

READY IN



80 min.

SERVINGS



16

CALORIES



329 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 140 g pistachios shelled
- ☐ 200 g chocolate
- ☐ 200 g brown sugar
- ☐ 200 g butter soft
- ☐ 3 eggs
- ☐ 200 g self raising flour
- ☐ 100 ml milk
- ☐ 150 ml cream

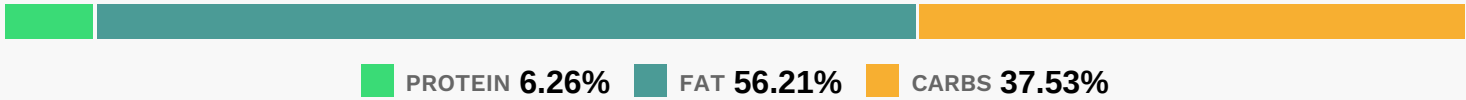
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 20cm square cake tin with baking parchment. Whizz 125g of the pistachios, 75g of the chocolate and about half the sugar in a food processor until very finely chopped. Tip into a bowl with remaining sugar, butter, eggs, flour and milk, plus a pinch of salt, and beat.
- ☐ Scrape into the tin and bake for 35–45 mins until a skewer poked in comes out clean. Cool.
- ☐ Melt the remaining milk chocolate, stir in the soured cream and cool until spreadable. Trim the edges off the cake, then split in half.
- ☐ Spread a little icing over the base, sandwich the top of sponge back on.
- ☐ Spread remaining icing over the top, roughly chop the remaining pistachios and scatter them over.
- ☐ Cut into 16 squares to serve.

Nutrition Facts



Properties

Glycemic Index:13.48, Glycemic Load:9.19, Inflammation Score:-4, Nutrition Score:5.9339130676311%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epigallocatechin: 0.18mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg,

Epigallocatechin 3–gallate: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 328.51kcal (16.43%), Fat: 21.35g (32.85%), Saturated Fat: 10.75g (67.19%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 30.19g (10.98%), Sugar: 19.93g (22.14%), Cholesterol: 63.72mg (21.24%), Sodium: 103.2mg (4.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.25mg (2.75%), Protein: 5.35g (10.71%), Manganese: 0.28mg (13.87%), Selenium: 9.19µg (13.13%), Copper: 0.22mg (11.09%), Phosphorus: 106.65mg (10.66%), Vitamin B6: 0.19mg (9.3%), Vitamin A: 460.71IU (9.21%), Magnesium: 31.89mg (7.97%), Fiber: 1.89g (7.55%), Vitamin B2: 0.12mg (6.92%), Vitamin B1: 0.1mg (6.53%), Iron: 1.04mg (5.79%), Potassium: 190.51mg (5.44%), Calcium: 49.19mg (4.92%), Vitamin E: 0.7mg (4.65%), Zinc: 0.66mg (4.43%), Folate: 13.89µg (3.47%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.15µg (2.48%), Vitamin B3: 0.36mg (1.81%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.24µg (1.57%)