



Pistachio Pastry Twists

 Dairy Free

READY IN



47 min.

SERVINGS



28

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 egg yolks
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup roasted pistachios finely chopped
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon water

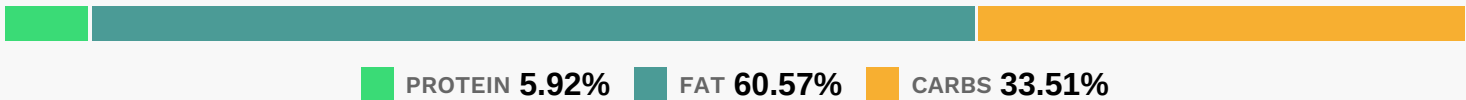
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pizza cutter

Directions

- ☐ Whisk together egg yolks and water in a small bowl.
- ☐ Combine sugar, cinnamon, and cardamom.
- ☐ Carefully roll each sheet of puff pastry into a 9 1/2" square on a lightly floured work surface.
- ☐ Brush each sheet with egg wash, and sprinkle with 2 tablespoons sugar mixture.
- ☐ Sprinkle chopped pistachios evenly over 1 sheet, leaving a 1/4" border; top with remaining sheet, sugared side down. Firmly press edges to seal.
- ☐ Brush top of pastry with melted butter; sprinkle with remaining sugar mixture.
- ☐ Cut pastry into 3/4"-thick strips, using a pizza cutter. Twist each strip 3 times, and place 2" apart on lightly greased baking sheets.
- ☐ Bake at 400 for 19 minutes or until golden.
- ☐ Remove from pans immediately, and cool on wire racks.
- ☐ Note: To reheat pastry twists, bake at 450 for 5 minutes or just until heated. Cool. (As they cool, they crisp up.)

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:6.01, Inflammation Score:-1, Nutrition Score:2.4056521654129%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 129.55kcal (6.48%), Fat: 8.83g (13.58%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.47g (3.81%), Sugar: 2.68g (2.98%), Cholesterol: 13.89mg (4.63%), Sodium: 53.74mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Selenium: 5.13µg (7.33%), Manganese: 0.13mg (6.44%), Vitamin B1: 0.09mg (6.08%), Folate: 16.67µg (4.17%), Vitamin B3: 0.76mg (3.8%), Vitamin B2: 0.06mg (3.58%), Iron: 0.58mg (3.22%), Vitamin K: 2.84µg (2.7%), Phosphorus: 26.6mg (2.66%), Copper: 0.05mg (2.5%), Vitamin B6: 0.05mg (2.29%), Fiber: 0.52g (2.07%), Magnesium: 5.66mg (1.42%), Vitamin E: 0.21mg (1.4%), Vitamin A: 63.71IU (1.27%), Zinc: 0.17mg (1.16%), Potassium: 35.62mg (1.02%)