



Pistachio Phyllo Crisps

READY IN



30 min.

SERVINGS



2

CALORIES



242 kcal

DESSERT

Ingredients

- 12 inch sheets athens phyllo shells frozen thawed (17- by 12-inch)
- 2 tablespoons pistachios salted shelled
- 2 tablespoons sugar
- 2 tablespoons butter unsalted melted

Equipment

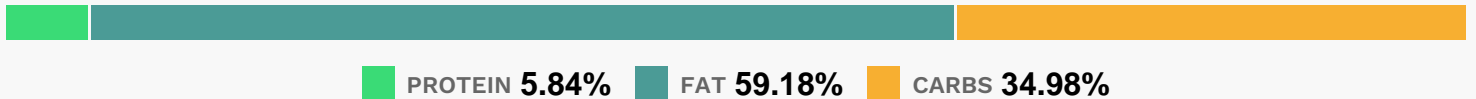
- baking sheet
- oven
- knife

- ramekin
- wax paper
- kitchen towels

Directions

- Preheat oven to 350°F.
- Finely grind pistachios in an electric coffee/spice grinder, then stir in sugar.
- Cut phyllo sheet crosswise into 3 equal pieces, then stack pieces between wax paper and cover stack With a lightly dampened kitchen towel. Arrange 1 piece of phyllo on a parchment-paper-lined baking sheet and brush with some butter.
- Sprinkle with half of pistachio sugar and top with another piece of phyllo.
- Brush phyllo with some butter and sprinkle with remaining pistachio sugar. Top with remaining piece of phyllo, pressing down gently, and brush with some butter. Chill stack 10 minutes.
- Using rim of a ramekin as a guide, cut out 2 (4-inch) rounds with a sharp paring knife and discard scraps. Cover rounds with a piece of parchment and bake in middle of oven until golden, about 10 minutes. Cool crisps on baking sheet on a rack.
- Crisps may be baked 3 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.05, Glycemic Load:8.61, Inflammation Score:-3, Nutrition Score:2.3739130561766%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg 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: 241.61kcal (12.08%), Fat: 16.91g (26.02%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 21.72g (7.9%), Sugar: 12.56g (13.95%), Cholesterol: 30.1mg (10.03%), Sodium: 33.43mg (1.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin A: 380.98IU (7.62%), Vitamin B6: 0.13mg (6.4%), Copper: 0.1mg (5.03%), Manganese: 0.09mg (4.55%), Vitamin B1: 0.07mg (4.4%), Phosphorus: 40.11mg (4.01%), Vitamin E: 0.5mg (3.32%), Fiber: 0.77g (3.09%), Magnesium: 9.35mg (2.34%), Potassium: 80.47mg (2.3%), Iron: 0.3mg (1.68%), Vitamin D: 0.21µg (1.4%), Zinc: 0.18mg (1.19%), Calcium: 11.35mg (1.14%), Vitamin B2: 0.02mg (1.12%), Folate: 4.24µg (1.06%), Selenium: 0.74µg (1.05%)