



Pistachio Shortbread

 Vegetarian

READY IN



120 min.

SERVINGS



32

CALORIES



68 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)
- 0.3 teaspoon salt fine
- 8 tablespoons butter unsalted cold plus more for coating the pan and parchment cut into small pieces, (1 stick)
- 0.8 cup pistachios unsalted shelled

Equipment

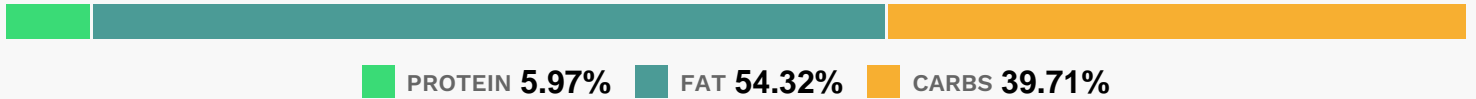
- food processor
- frying pan
- baking paper
- oven
- wire rack
- baking pan
- measuring cup
- cutting board
- serrated knife

Directions

- Heat the oven to 325°F and arrange a rack in the middle.
- Cut a 22-inch-long piece of parchment paper and fold over the edges so it measures 8 inches wide; set it aside. Coat an 8-by-8-inch metal baking pan with butter and line it seam-side down with the parchment (the 2 long ends will hang over the edges). Be sure to fit the parchment as smoothly as possible into the pan, snugly creasing it into the corners. Coat the bottom of the parchment with more butter and set the pan aside.
- Place the pistachios in a large frying pan over medium heat and toast, stirring occasionally, until they are aromatic and slightly golden, about 10 to 15 minutes.
- Remove them from the pan and allow to cool for 10 minutes.
- Combine 1/2 cup of the pistachios, 1/2 cup of the sugar, and the salt in a food processor. Process until the pistachios are ground and the mixture resembles coarse sand, about 30 seconds.
- Add the flour and pulse to combine, about 10 (1-second) pulses.
- Add the measured butter and lemon zest and pulse again until the dough is just blended and comes together, about 10 (1-second) pulses.
- Add the remaining 1/4 cup of whole pistachios and pulse until they are broken up into pieces about the size of peppercorns, about 10 (1-second) pulses.
- Pour the mixture into the prepared pan and, using the base of a measuring cup or a glass, press it evenly into the pan. Use a fork to prick the shortbread gently all over the surface.
- Sprinkle the top of the shortbread evenly with the remaining 2 teaspoons of sugar.

- Bake until light golden brown, about 35 to 40 minutes.
- Transfer the pan to a wire rack and allow the shortbread to cool for 15 minutes. To remove, grip the parchment hanging over the edges and pull the shortbread out of the pan.
- Transfer it to a cutting board and remove and discard the parchment. Using a serrated knife, cut the warm shortbread into 1-by-2-inch rectangles. Allow to cool completely before serving, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:1.3378261091269%

Nutrients (% of daily need)

Calories: 67.86kcal (3.39%), Fat: 4.21g (6.47%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.51g (2.37%), Sugar: 3.36g (3.73%), Cholesterol: 7.53mg (2.51%), Sodium: 18.84mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin B1: 0.05mg (3.39%), Manganese: 0.06mg (3.14%), Selenium: 1.67µg (2.38%), Folate: 8.73µg (2.18%), Copper: 0.04mg (2.18%), Vitamin A: 94.96IU (1.9%), Phosphorus: 18.59mg (1.86%), Vitamin B6: 0.03mg (1.71%), Iron: 0.3mg (1.67%), Fiber: 0.41g (1.64%), Vitamin B2: 0.03mg (1.64%), Vitamin B3: 0.27mg (1.36%), Magnesium: 4.08mg (1.02%)