



Pistachio Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2" pieces (1 stick)
- ☐ 4.5 ounces pistachios raw unsalted shelled
- ☐ 0.3 teaspoons vanilla extract

Equipment

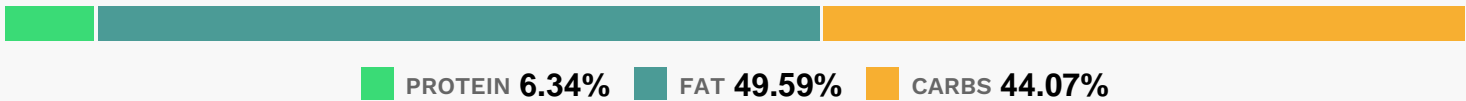
- ☐ food processor

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Pulse pistachios in a food processor until finely ground but not a paste, about 30 seconds.
- ☐ Add flour, sugar, butter, salt, and vanilla; pulse until mixture is the consistency of cornmeal. With machine running, drizzle in 2 tablespoons ice water (a crumbly dough should form; do not overprocess).
- ☐ Transfer dough to a sheet of parchment paper and pat into a rectangle. Top with another sheet of parchment and roll out to a 12x8" rectangle.
- ☐ Transfer dough (in parchment paper) to a baking sheet and chill until firm, about 1 hour.
- ☐ Place racks in upper and lower thirds of oven; preheat to 350°F.
- ☐ Remove top sheet of parchment paper from dough and discard.
- ☐ Cut dough lengthwise into 8 equal strips, then each strip crosswise into quarters, forming 32 rectangles.
- ☐ Place rectangles on 2 parchment-lined baking sheets, spacing 1" apart.
- ☐ Bake shortbread until golden brown, rotating sheets halfway through, 18–20 minutes.
- ☐ Transfer to wire racks; let cool.
- ☐ DO AHEAD: Shortbread can be made 5 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:5.97, Inflammation Score:-1, Nutrition Score:1.7139130412884%

Nutrients (% of daily need)

Calories: 84.15kcal (4.21%), Fat: 4.77g (7.33%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.99g (3.27%), Sugar: 5.01g (5.56%), Cholesterol: 7.63mg (2.54%), Sodium: 73.45mg (3.19%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.37g (2.74%), Vitamin B1: 0.07mg (4.41%), Manganese: 0.08mg (4.17%), Selenium: 2.12µg (3.03%), Copper: 0.06mg (2.97%), Folate: 11.08µg (2.77%), Phosphorus: 24.82mg

(2.48%), Vitamin B6: 0.05mg (2.35%), Iron: 0.39mg (2.17%), Fiber: 0.54g (2.17%), Vitamin B2: 0.04mg (2.09%),
Vitamin A: 98.96IU (1.98%), Vitamin B3: 0.34mg (1.72%), Magnesium: 5.5mg (1.37%), Potassium: 46.5mg (1.33%),
Vitamin E: 0.17mg (1.14%)