



Pistachio Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



43 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1 large egg yolk
- ☐ 0.5 cup natural pistachios unsalted lightly toasted chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.8 teaspoon vanilla extract

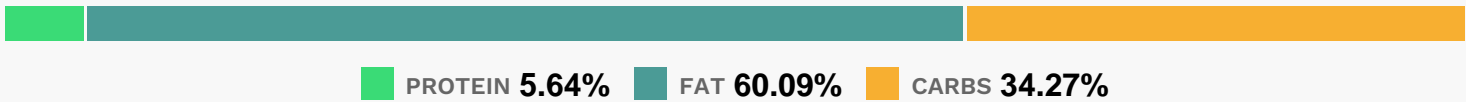
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix flour, powdered sugar, and salt in processor.
- ☐ Add butter, pistachios, egg yolk, and vanilla. Using on/off turns, mix until moist ball forms.
- ☐ Transfer dough to work surface. Divide dough in half. Form each dough half into 8 x 1 1/4-inch log (if dough is too soft, chill until firm, about 30 minutes). Wrap logs in plastic; refrigerate until firm, about 4 hours. DO AHEAD Can be made 5 days ahead; keep chilled.
- ☐ Preheat oven to 325°F. Slice logs into 1/4-inch-thick rounds, rolling log after every few slices to retain round shape.
- ☐ Place rounds on ungreased baking sheets, spacing 1 inch apart.
- ☐ Bake shortbread until barely golden, about 18 minutes. Cool shortbread on baking sheets. DO AHEAD Shortbread can be made up to 4 days ahead. Store shortbread in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:0.83304348685171%

Nutrients (% of daily need)

Calories: 42.53kcal (2.13%), Fat: 2.88g (4.43%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.08g (1.19%), Cholesterol: 9.16mg (3.05%), Sodium: 19.98mg (0.87%), Alcohol: 0.02g (100%), Alcohol %: 0.26% (100%), Protein: 0.61g (1.21%), Vitamin B1: 0.03mg (2.15%), Selenium: 1.36µg (1.94%), Manganese: 0.03mg (1.73%), Folate: 6.74µg (1.69%), Vitamin A: 77.65IU (1.55%), Vitamin B2: 0.02mg (1.21%), Iron: 0.2mg (1.09%)