

Pistachio Shortbread Crisps



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

167 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pistachios
- ☐ 0.5 cup sugar
- ☐ 30 servings sugar
- ☐ 2 teaspoons vanilla extract

Equipment

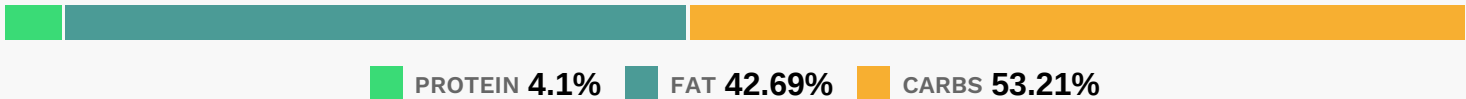
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 1/2 cup sugar, beating well.
- ☐ Add vanilla, beating until blended. Gradually add flour, beating just until combined.
- ☐ Process pistachios in a food processor until coarsely ground.
- ☐ Place ground nuts on a plate.
- ☐ Shape dough into 1" balls. Working over plate of nuts with 1 ball at a time, sprinkle about 1 tablespoon nuts over ball, pressing nuts gently into ball. Repeat procedure with remaining balls and nuts.
- ☐ Place balls on ungreased baking sheets; flatten to 3/8" thickness.
- ☐ Sprinkle with sugar.
- ☐ Bake at 350 for 10 minutes or until lightly browned. Immediately remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:15.43, Inflammation Score:-2, Nutrition Score:2.417391291779%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 167.43kcal (8.37%), Fat: 8.13g (12.51%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 22.15g (8.05%), Sugar: 15.68g (17.42%), Cholesterol: 16.27mg (5.42%), Sodium: 49.04mg (2.13%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Protein: 1.76g (3.51%), Vitamin B1: 0.1mg (6.77%), Manganese: 0.11mg (5.36%), Selenium: 3.28µg (4.69%), Folate: 17.57µg (4.39%), Vitamin A: 206.11IU (4.12%), Vitamin B6: 0.07mg (3.68%), Copper: 0.07mg (3.33%), Vitamin B2: 0.05mg (3.15%), Phosphorus: 30.92mg (3.09%), Iron: 0.56mg (3.09%), Vitamin B3: 0.55mg (2.75%), Fiber: 0.65g (2.59%), Vitamin E: 0.27mg (1.83%), Magnesium: 6.98mg (1.74%), Potassium: 53.46mg (1.53%), Zinc: 0.16mg (1.05%)