



Pistachio Topping

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons butter cut into pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.7 cup pistachios unsalted

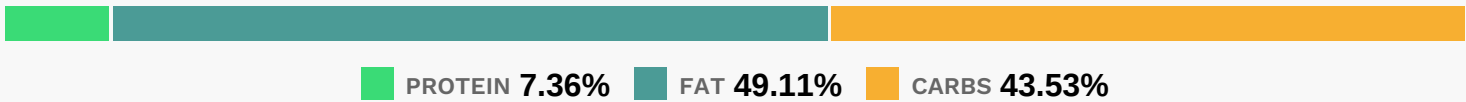
Equipment

☐ food processor

Directions

- ☐ Process first 6 ingredients in a food processor until nuts are coarsely chopped.
- ☐ Add butter to processor; pulse until mixture is crumbly. Set aside.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.95, Inflammation Score:-4, Nutrition Score:6.8095652405982%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 264.85kcal (13.24%), Fat: 15.03g (23.13%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 27.49g (10%), Sugar: 19.39g (21.54%), Cholesterol: 0mg (0%), Sodium: 71.74mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Manganese: 0.43mg (21.69%), Vitamin B6: 0.36mg (18.08%), Vitamin B1: 0.24mg (16.04%), Copper: 0.29mg (14.4%), Phosphorus: 111.67mg (11.17%), Fiber: 2.49g (9.98%), Iron: 1.35mg (7.5%), Magnesium: 28.96mg (7.24%), Potassium: 249.17mg (7.12%), Vitamin A: 336.34IU (6.73%), Folate: 25.05µg (6.26%), Selenium: 4.39µg (6.26%), Vitamin E: 0.7mg (4.7%), Vitamin B2: 0.07mg (4.38%), Calcium: 43.06mg (4.31%), Vitamin B3: 0.77mg (3.83%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.17mg (1.73%), Vitamin C: 1.17mg (1.42%)