

Pistachio Torrone



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon almond extract pure
- ☐ 1 tablespoon cornstarch for kneading
- ☐ 3 large egg whites
- ☐ 1.5 teaspoons orange-flower water
- ☐ 2.5 cups pistachios salted
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.5 cup water

☐ 1.5 cups honey

Equipment

☐ bowl

☐ frying pan

☐ baking paper

☐ knife

☐ pot

☐ blender

☐ baking pan

☐ kitchen thermometer

☐ cutting board

☐ pastry brush

Directions

☐ Oil baking pan, then line bottom and sides with pieces of edible wafer paper, trimming it to fit.

☐ Heat honey, sugar, and water in a 5-quart heavy pot over low heat, stirring, until sugar has dissolved, then bring to a boil over medium heat, without stirring, washing any sugar crystals down side of pan with a pastry brush dipped in cold water.

☐ Put thermometer into syrup and continue boiling, stirring occasionally, until it registers 310 to 315°F (upper end of hard-crack stage).

☐ When thermometer reaches 300°F, start beating egg whites with salt in mixer, beating until they hold soft peaks.

☐ Remove syrup from heat and let stand until bubbles dissipate.

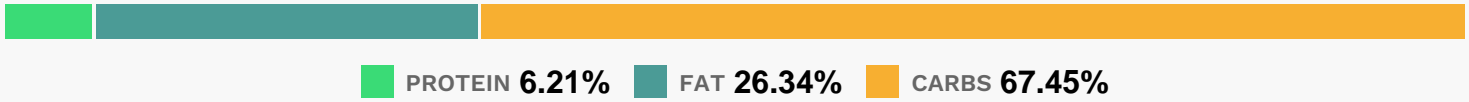
☐ With mixer at low speed, slowly pour hot syrup into whites in a thin stream down side of bowl. Increase speed to high and beat until mixture has cooled to warm (mixture will rise, then fall), about 20 minutes.

☐ Add flower water and almond extract and beat 1 minute more. Stir in pistachios.

☐ Sprinkle a work surface with cornstarch (1 tablespoon), then spoon torrone mixture onto cornstarch and gently knead a few times with hands dipped in cornstarch.

- ☐ Pat torrone mixture into baking pan and top with a square of wafer paper, trimming to fit.
- ☐ Let stand at room temperature at least 8 hours.
- ☐ Run a sharp thin knife around edges of pan, then invert torrone onto a cutting board. Leaving wafer paper on, trim ends and cut torrone into 1-inch-wide strips. Wrap each torrone strip in parchment paper. (If desired, cut each strip into 2-inch rectangles.)
- ☐ Torrone keeps in an airtight container in a dry place at cool room temperature 2 weeks.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:12.15, Inflammation Score:-1, Nutrition Score:2.228695648196%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 125.54kcal (6.28%), Fat: 3.91g (6.01%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.61g (7.86%), Sugar: 20.6g (22.89%), Cholesterol: 0mg (0%), Sodium: 21.64mg (0.94%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 2.07g (4.15%), Vitamin B6: 0.15mg (7.44%), Copper: 0.12mg (5.9%), Manganese: 0.11mg (5.74%), Vitamin B1: 0.07mg (4.96%), Phosphorus: 42.87mg (4.29%), Fiber: 0.91g (3.64%), Potassium: 99.68mg (2.85%), Magnesium: 10.97mg (2.74%), Iron: 0.4mg (2.23%), Vitamin B2: 0.03mg (1.93%), Selenium: 1.32µg (1.88%), Zinc: 0.22mg (1.47%), Vitamin E: 0.2mg (1.31%), Folate: 4.75µg (1.19%), Calcium: 10.21mg (1.02%)