



Pistachio Wreaths

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 0.3 teaspoon double-acting baking powder
- 0.8 cup butter
- 1 eggs
- 2 cups flour all-purpose
- 0.3 teaspoon food coloring green
- 0.3 cup pistachios coarsely chopped
- 0.3 teaspoon salt

- 0.5 teaspoon vanilla extract
- 0.8 cup sugar white

Equipment

- baking sheet
- oven
- mixing bowl

Directions

- In a large mixing bowl, beat butter until softened.
- Add sugar and beat until fluffy.
- Add egg, vanilla and almond extract and beat well.
- Stir together flour, baking powder and salt.
- Add the flour mixture to the butter mixture and beat until well mixed.
- Divide the dough in half and stir food coloring into one half. Cover and chill at least 30 minutes.
- Preheat oven to 375 degrees F.
- On a lightly floured surface, roll about 1/2 tablespoon of plain dough into a 6-inch rope. Repeat with green dough.
- Place ropes side by side and twist together about 6 times. Form twisted ropes into a circle and gently pinch ends together.
- Place on an ungreased cookie sheet. Repeat with remaining dough, leaving 2 inches between cookies.
- Place small amount of chopped pistachios onto each wreath where ends are pinched together.
- Bake for about 10 minutes. Cool on cookie sheet for about 1 minute.
- Remove and cool thoroughly on rack.

Nutrition Facts



■ PROTEIN 5.23% ■ FAT 47.94% ■ CARBS 46.83%

Properties

Glycemic Index:12.71, Glycemic Load:10.17, Inflammation Score:-2, Nutrition Score:2.1960869528677%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 123.17kcal (6.16%), Fat: 6.63g (10.2%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 14.16g (5.15%), Sugar: 6.4g (7.11%), Cholesterol: 22.07mg (7.36%), Sodium: 77.16mg (3.35%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 1.63g (3.25%), Vitamin B1: 0.09mg (6.27%), Selenium: 4.29µg (6.13%), Folate: 20.79µg (5.2%), Manganese: 0.09mg (4.38%), Vitamin B2: 0.07mg (3.86%), Vitamin A: 192.49IU (3.85%), Iron: 0.58mg (3.2%), Vitamin B3: 0.64mg (3.18%), Phosphorus: 23.78mg (2.38%), Copper: 0.03mg (1.68%), Fiber: 0.41g (1.65%), Vitamin B6: 0.03mg (1.49%), Vitamin E: 0.22mg (1.46%), Magnesium: 4.24mg (1.06%)