



## Almond and Lemon Biscotti Dipped in White Chocolate

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



20

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cup cornmeal
- 3 large eggs
- 3 tablespoons lemon zest grated (from 3 to 4 lemons)
- 1 teaspoon salt
- 1 cup sugar
- 18 ounces chocolate chips white

- 0.8 cup almonds whole coarsely chopped

## Equipment

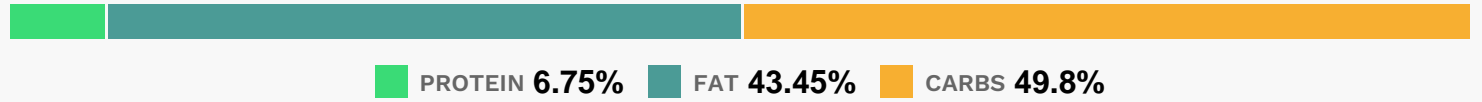
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- serrated knife

## Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Line a large baking sheet with parchment paper. In a large bowl, whisk together the flour, cornmeal, baking powder, and salt.
- In another large bowl, beat the sugar and eggs with an electric mixture until pale yellow, about 3 minutes.
- Mix in the lemon zest and then the flour, and beat until just blended. (The dough will be sticky). Stir in the almonds.
- Let the dough rest for 5 minutes.
- Divide the dough evenly into 2 equal mounds and place on the prepared baking sheet. With moist hands, space the dough evenly apart and form into 2 (9 by-3-inch) logs.
- Bake for 35 minutes until lightly browned. Cool for 5 minutes. Using a serrated knife, cut the logs crosswise into 3/4-inch-thick diagonal slices. Arrange the biscotti cut side down on the same baking sheet.
- Bake until the cookies are pale golden, about 25 minutes.
- Let cool completely.
- Place the chocolate chips in a medium bowl.

- Place the bowl over a pan of simmering water, making sure the bottom of the pan does not touch the water. Stir until the chocolate is melted and smooth. Dip the end of each biscotti in the chocolate.
- Transfer the dipped biscotti to a wire rack, set over a baking sheet, until the chocolate has hardened. Store in an airtight container.

## Nutrition Facts



### Properties

Glycemic Index:15.53, Glycemic Load:20.24, Inflammation Score:-1, Nutrition Score:4.6986956803695%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 241.28kcal (12.06%), Fat: 11.96g (18.41%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 29.47g (10.72%), Sugar: 25.43g (28.25%), Cholesterol: 33.26mg (11.09%), Sodium: 182.13mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin E: 1.72mg (11.47%), Phosphorus: 105.65mg (10.56%), Vitamin B2: 0.18mg (10.32%), Calcium: 88.76mg (8.88%), Manganese: 0.17mg (8.28%), Magnesium: 25.04mg (6.26%), Selenium: 4.1µg (5.85%), Fiber: 1.38g (5.51%), Copper: 0.09mg (4.6%), Zinc: 0.64mg (4.28%), Potassium: 143.55mg (4.1%), Vitamin B6: 0.07mg (3.56%), Vitamin B12: 0.21µg (3.49%), Iron: 0.62mg (3.42%), Vitamin B5: 0.33mg (3.34%), Vitamin B1: 0.05mg (3.23%), Vitamin B3: 0.54mg (2.7%), Folate: 9.81µg (2.45%), Vitamin K: 2.36µg (2.24%), Vitamin C: 1.29mg (1.56%)