



Almond Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.8 teaspoon baking soda
- ☐ 1 egg white
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup slivered almonds toasted chopped
- ☐ 1 cup sugar

☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine vanilla and next 3 ingredients; add to flour mixture, stirring until well-blended (dough will be dry).
- ☐ Turn the dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll.
- ☐ Place roll on a baking sheet coated with cooking spray, and flatten roll to 1-inch thickness.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove roll from baking sheet to a wire rack, and let cool 10 minutes.
- ☐ Cut roll diagonally into 30 (1/2-inch) slices, and place, cut sides down, on baking sheet. Reduce oven temperature to 325, and bake 10 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; let cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:9.27, Inflammation Score:-1, Nutrition Score:2.0173912837939%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 71.42kcal (3.57%), Fat: 1.28g (1.97%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.98g (4.72%), Sugar: 6.78g (7.54%), Cholesterol: 10.91mg (3.64%), Sodium: 52.82mg (2.3%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 1.72g (3.44%), Selenium: 4.04µg (5.77%), Manganese: 0.1mg (4.97%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.69%), Folate: 17.46µg (4.37%), Vitamin E: 0.5mg (3.31%), Iron: 0.51mg (2.83%), Vitamin B3: 0.56mg (2.8%), Phosphorus: 23.62mg (2.36%), Fiber: 0.45g (1.8%), Magnesium: 7.17mg (1.79%), Copper: 0.03mg (1.67%), Zinc: 0.15mg (1.02%)