



## Almond Biscotti

 Vegetarian

READY IN



50 min.

SERVINGS



36

CALORIES



92 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 1.3 cups sugar divided
- 3 large eggs room temperature
- 1 teaspoon anise extract
- 2 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 1 Dash salt
- 0.5 cup almonds chopped

2 teaspoons milk 2%

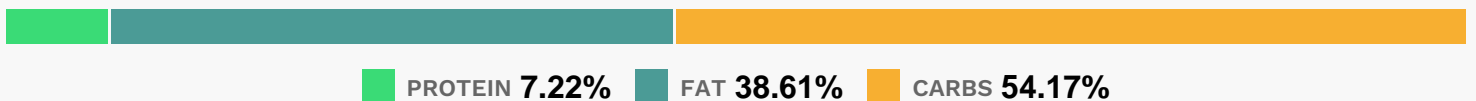
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- aluminum foil
- cutting board
- serrated knife

## Directions

- Preheat oven to 375°. In a large bowl, cream butter and 1 cup sugar until light and fluffy, 5-7 minutes.
- Add eggs, 1 at a time, beating well after each addition. Beat in extract.
- Combine dry ingredients; gradually add to creamed mixture and mix well. Stir in almonds.
- Line a baking sheet with foil and grease foil. Divide dough in half; on the foil, shape each portion into a 12x3-in. rectangle.
- Brush with milk; sprinkle with remaining 1/4 cup sugar.
- Bake until golden brown and firm to touch, 15-20 minutes. Lift foil with rectangles onto a wire rack; cool for 15 minutes. Reduce oven heat to 300°.
- Transfer rectangles to a cutting board; cut diagonally with a serrated knife into 1/2-in. slices.
- Place cut side down on ungreased baking sheets.
- Bake for 10 minutes. Turn and bake until firm, 10 minutes longer.
- Remove to wire racks to cool. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.25, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:2.1778260877599%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 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: 92.33kcal (4.62%), Fat: 4.04g (6.22%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 12.32g (4.48%), Sugar: 7.07g (7.85%), Cholesterol: 22.3mg (7.43%), Sodium: 51.18mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Selenium: 3.8µg (5.42%), Manganese: 0.09mg (4.71%), Vitamin B2: 0.08mg (4.64%), Vitamin E: 0.63mg (4.2%), Vitamin B1: 0.06mg (4.03%), Folate: 15.65µg (3.91%), Phosphorus: 31.18mg (3.12%), Iron: 0.5mg (2.76%), Vitamin B3: 0.49mg (2.43%), Calcium: 22.94mg (2.29%), Vitamin A: 101.59IU (2.03%), Magnesium: 7.54mg (1.89%), Fiber: 0.44g (1.74%), Copper: 0.03mg (1.7%), Zinc: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.08%)