



Anise Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons anise seeds
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 egg white lightly beaten
- ☐ 2 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1.5 tablespoons sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 1 teaspoon water

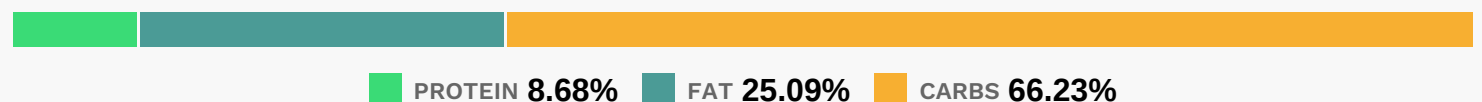
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine oil, vanilla, and eggs, and add to flour mixture, stirring until well-blended.
- ☐ Turn dough out onto a baking sheet coated with cooking spray; shape dough into a 12-inch-long roll, and flatten to 1/2-inch thickness.
- ☐ Combine water and egg white; stir well.
- ☐ Brush over dough.
- ☐ Bake at 350 for 20 minutes.
- ☐ Remove from baking sheet to a wire rack, and let cool. Slice roll diagonally into 26 (1/2-inch) slices.
- ☐ Place slices, cut sides down, on a baking sheet.
- ☐ Brush slices with egg white mixture, and sprinkle evenly with turbinado sugar.
- ☐ Bake at 350 for 20 minutes or until dry.
- ☐ Let cool on wire racks.
- ☐ Note: 1 1/2 tablespoons granulated sugar may be substituted for the 1 1/2 tablespoons turbinado sugar.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:8.03, Inflammation Score:-1, Nutrition Score:1.94652173263222%

Nutrients (% of daily need)

Calories: 73.48kcal (3.67%), Fat: 2.03g (3.12%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 11.77g (4.28%), Sugar: 4.61g (5.12%), Cholesterol: 12.59mg (4.2%), Sodium: 41.63mg (1.81%), Alcohol: 0.11g (100%), Alcohol %: 0.63% (100%), Protein: 1.58g (3.16%), Selenium: 4.56µg (6.52%), Vitamin B1: 0.08mg (5.17%), Folate: 19.25µg (4.81%), Vitamin B2: 0.07mg (4.09%), Manganese: 0.07mg (3.62%), Iron: 0.6mg (3.31%), Vitamin B3: 0.58mg (2.89%), Vitamin K: 2.92µg (2.79%), Phosphorus: 20.66mg (2.07%), Calcium: 11.62mg (1.16%), Fiber: 0.29g (1.15%), Vitamin E: 0.17mg (1.13%)