



Apple Caramel Biscotti from Duncan Hines®

READY IN



60 min.

SERVINGS



36

CALORIES



100 kcal

DESSERT

Ingredients

- 1 stick butter melted
- 2 eggs
- 1 cup flour
- 0.3 cup water
- 20.8 oz apple caramel cake mix duncan hines®

Equipment

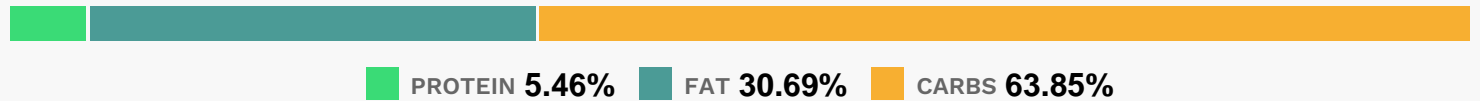
- frying pan
- baking paper

oven

Directions

- Combine the ingredients until a dough is formed.
- Divide the dough into 2 pieces and roll into logs.
- Place onto a sheet pan lined with parchment paper.
- Gently flatten the logs to one inch thick and three inches wide.
- Bake 325 degrees F for about 25 min or until firm.
- Cool for 5 minutes, slice and re-bake for 15 minutes to dry out.
- Allow to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:2.0630434764468%

Nutrients (% of daily need)

Calories: 99.57kcal (4.98%), Fat: 3.42g (5.26%), Saturated Fat: 2.02g (12.59%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.72g (5.72%), Sugar: 6.91g (7.68%), Cholesterol: 15.84mg (5.28%), Sodium: 137.32mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Phosphorus: 64.54mg (6.45%), Selenium: 3.37µg (4.81%), Folate: 19.06µg (4.77%), Vitamin B1: 0.06mg (4.26%), Calcium: 38.56mg (3.86%), Vitamin B2: 0.06mg (3.82%), Vitamin B3: 0.6mg (2.99%), Iron: 0.52mg (2.91%), Manganese: 0.06mg (2.9%), Vitamin A: 91.64IU (1.83%), Vitamin E: 0.24mg (1.62%), Fiber: 0.27g (1.1%), Vitamin B5: 0.1mg (1.04%), Copper: 0.02mg (1.01%)