



Apricot-Chocolate-Almond Biscotti

READY IN



45 min.

SERVINGS



24

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apricots dried diced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 eggs
- ☐ 1.8 cups flour
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup slivered almonds
- ☐ 1 cup sugar
- ☐ 6 tablespoons butter unsalted cooled melted

☐ 0.5 teaspoon vanilla

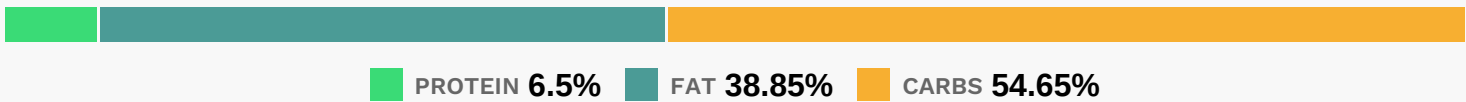
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 and line a large baking sheet with parchment paper. In a food processor, pulse flour, sugar, baking powder, and salt 5 to 6 times to blend. In a small bowl, whisk together melted butter, vanilla, and eggs; add to flour mixture and pulse 10 to 12 times to form a dough.
- ☐ Turn dough out into a large mixing bowl.
- ☐ Add apricots, almonds, and chocolate, and stir to mix thoroughly.
- ☐ Put dough on baking sheet and form into two 12-in.-long loaves. Flatten tops slightly and bake until loaves are golden but give slightly when pressed, 25 to 30 minutes.
- ☐ Remove loaves from oven and reduce temperature to 32
- ☐ Let loaves cool 5 minutes, then cut on the diagonal into 1/2- to 3/4-in.-thick slices. Arrange slices flat on baking sheet and bake until lightly browned, 10 to 15 minutes. Cool completely on racks.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:11.65, Inflammation Score:-3, Nutrition Score:3.9086956221448%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 150.4kcal (7.52%), Fat: 6.63g (10.2%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 19.69g (7.16%), Sugar: 12.4g (13.78%), Cholesterol: 21.45mg (7.15%), Sodium: 39.83mg (1.73%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Caffeine: 4.06mg (1.35%), Protein: 2.5g (4.99%), Manganese: 0.2mg (10.23%), Vitamin E: 1.1mg (7.31%), Selenium: 4.91µg (7.01%), Vitamin B2: 0.1mg (6.13%), Copper: 0.12mg (6.04%), Iron: 1.02mg (5.66%), Vitamin B1: 0.08mg (5.43%), Fiber: 1.3g (5.18%), Vitamin A: 256.07IU (5.12%), Magnesium: 20.26mg (5.07%), Folate: 20.23µg (5.06%), Phosphorus: 49.37mg (4.94%), Vitamin B3: 0.8mg (3.98%), Potassium: 111.87mg (3.2%), Zinc: 0.35mg (2.33%), Calcium: 22.5mg (2.25%), Vitamin B5: 0.15mg (1.49%), Vitamin B6: 0.02mg (1.09%)