



## Authentic Italian Biscotti

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



54 kcal

DESSERT

### Ingredients

- 1 t almond extract
- 2.5 t double-acting baking powder
- 0.5 t baking soda
- 2 c flour
- 0.8 t salt
- 1.3 c sugar
- 1.5 c almonds whole coarsely chopped
- 2 eggs whole separated

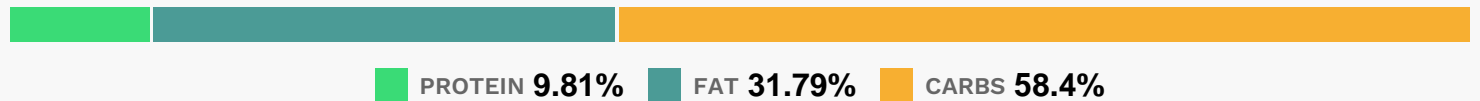
## Equipment

- baking sheet
- baking paper
- oven
- serrated knife

## Directions

- Preheat oven to 350 degrees. Line 2 baking sheets with parchment paper. Sift together flour, sugar, baking powder, baking soda, and salt.
- Add 2 whole eggs and 1 egg yolk, almond extract, and almonds.
- Mix thoroughly until dough holds together.
- Add half of reserved egg white, if necessary, to make a cohesive dough. With wet hands, shape dough into 4 logs, each 6 long and 1 in diameter.
- Place 3-4 apart on baking sheets.
- Bake on middle rack of oven until logs are light golden brown and spring back when touched (about 24 minutes). Cool 15 minutes. Lower oven to 27
- Slice logs with a serrated knife diagonally into 1/2 slices. Return to oven and bake until completely dry and crisp throughout (about 40 minutes). Cool.

## Nutrition Facts



## Properties

Glycemic Index:4.12, Glycemic Load:5.29, Inflammation Score:-1, Nutrition Score:1.9039130434783%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg,

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 24.3%, Sourness: 1.52%, Bitterness: 0.78%, Savoriness: 7.31%, Fattiness: 16.35%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 54.31kcal (2.72%), Fat: 1.98g (3.04%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.61g (2.77%), Sugar: 4.34g (4.82%), Cholesterol: 5.46mg (1.82%), Sodium: 62.12mg (2.7%), Protein: 1.37g (2.75%), Vitamin E: 0.93mg (6.22%), Manganese: 0.11mg (5.55%), Vitamin B2: 0.07mg (4.05%), Selenium: 2.03µg (2.91%), Phosphorus: 28.8mg (2.88%), Vitamin B1: 0.04mg (2.71%), Magnesium: 10.81mg (2.7%), Folate: 9.89µg (2.47%), Fiber: 0.56g (2.24%), Calcium: 22.39mg (2.24%), Copper: 0.04mg (2.21%), Iron: 0.38mg (2.08%), Vitamin B3: 0.38mg (1.88%), Zinc: 0.16mg (1.07%)