



Banana Biscotti

 Dairy Free

READY IN



72 min.

SERVINGS



24

CALORIES



120 kcal

DESSERT

Ingredients

- 1 banana ripe mashed
- 1.5 tsp calumet baking powder
- 2 eggs
- 2 cups flour
- 0.5 cup butter softened (1 stick)
- 1.5 cups banana nut grain cereal flakes whole crushed
- 0.3 tsp salt
- 1 square baker's semi-sweet chocolate

- 0.7 cup sugar
- 1 tsp vanilla

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- cutting board
- serrated knife

Directions

- Preheat oven to 325F.
- Mix flour, baking powder and salt until well blended; set aside. Beat sugar and margarine in large bowl with electric mixer on medium speed until light and fluffy.
- Add eggs, bananas and vanilla; beat until well blended. Gradually add flour mixture, mixing until well blended after each addition. Stir in crushed cereal.
- Divide dough in half with floured hands; place on lightly floured surface.
- Roll each half into 14x2-inch log.
- Place, 2 inches apart, on nonstick baking sheet.
- Bake 25 to 30 min. or until lightly browned.
- Remove from baking sheet to wire rack; cool 5 min.
- Transfer to cutting board. Use serrated knife to diagonally cut each log into 12 slices.
- Place, cut-sides up and 1/2 inch apart, on same baking sheet.
- Bake an additional 12 to 15 min. or until slightly dry.
- Remove to wire racks; cool completely. Melt chocolate as directed on package; drizzle over biscotti.
- Let stand until chocolate is firm. Store in tightly covered container at room temperature.

Nutrition Facts

■ PROTEIN 7.46% ■ FAT 35.67% ■ CARBS 56.87%

Properties

Glycemic Index:12.16, Glycemic Load:10.25, Inflammation Score:-2, Nutrition Score:2.9173912878918%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 119.61kcal (5.98%), Fat: 4.75g (7.31%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.42g (5.97%), Sugar: 7.3g (8.12%), Cholesterol: 13.71mg (4.57%), Sodium: 116.6mg (5.07%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 2.24g (4.47%), Vitamin B1: 0.12mg (8.01%), Selenium: 4.84µg (6.91%), Folate: 24.94µg (6.24%), Vitamin B2: 0.1mg (5.99%), Manganese: 0.1mg (5.08%), Iron: 0.86mg (4.77%), Vitamin B3: 0.82mg (4.09%), Vitamin A: 192.69IU (3.85%), Phosphorus: 30.57mg (3.06%), Calcium: 29.46mg (2.95%), Vitamin B6: 0.05mg (2.74%), Fiber: 0.63g (2.52%), Copper: 0.04mg (1.83%), Magnesium: 6.36mg (1.59%), Vitamin E: 0.2mg (1.35%), Vitamin C: 1.06mg (1.29%), Vitamin B5: 0.13mg (1.26%), Potassium: 42.85mg (1.22%), Zinc: 0.16mg (1.06%)