



Banana-Pecan Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup banana very ripe mashed (1 banana)
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 1 tablespoon vegetable oil

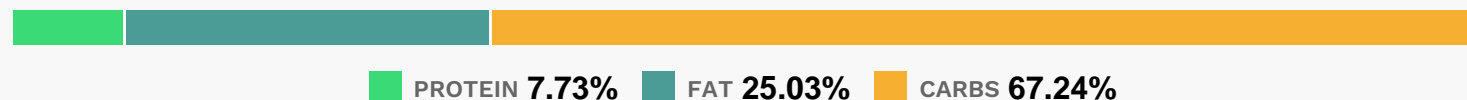
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, sugar, baking powder, and salt.
- ☐ Combine banana, oil, vanilla, and egg in a medium bowl; stir in flour mixture and pecans (dough will be sticky).
- ☐ Turn dough out onto a lightly floured surface; shape dough into 2 (8-inch-long) rolls with floured hands.
- ☐ Place rolls on a baking sheet coated with cooking spray; flatten to 1/2-inch thickness.
- ☐ Bake at 350 for 23 minutes.
- ☐ Remove rolls from baking sheet; cool 10 minutes on a wire rack.
- ☐ Cut each roll diagonally into 12 (1/2-inch) slices.
- ☐ Place slices, cut sides down, on baking sheet. Reduce oven temperature to 250; bake 15 minutes. Turn cookies over; bake an additional 15 minutes (cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:8.22, Inflammation Score:-1, Nutrition Score:2.0230434815521%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 70.09kcal (3.5%), Fat: 1.96g (3.02%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 11.43g (4.16%), Sugar: 4.53g (5.03%), Cholesterol: 7.75mg (2.58%), Sodium: 45.11mg (1.96%), Alcohol: 0.06g (100%), Alcohol %: 0.36% (100%), Protein: 1.37g (2.73%), Manganese: 0.14mg (6.86%), Vitamin B1: 0.08mg (5.54%), Selenium: 3.83µg (5.48%), Folate: 18.41µg (4.6%), Vitamin B2: 0.06mg (3.47%), Iron: 0.52mg (2.91%), Vitamin B3: 0.57mg (2.86%), Phosphorus: 22.28mg (2.23%), Fiber: 0.45g (1.78%), Copper: 0.03mg (1.74%), Calcium: 13.57mg (1.36%), Magnesium: 4.72mg (1.18%), Zinc: 0.16mg (1.09%), Vitamin K: 1.14µg (1.08%)