

Biscotti



Vegetarian



Dairy Free



Popular

READY IN

ready

40 min.

SERVINGS

servings

36

CALORIES

calories

73 kcal

DESSERT

Ingredients



1 tablespoon anise extract



1 tablespoon double-acting baking powder



3 eggs



3.3 cups flour all-purpose



0.5 cup vegetable oil



1 cup sugar white

Equipment



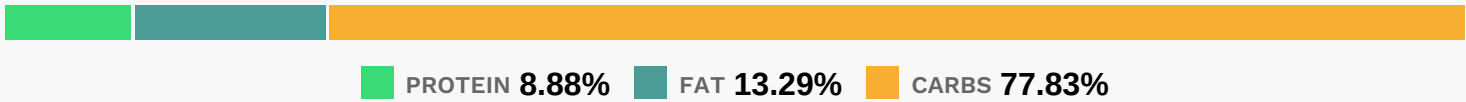
bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets or line with parchment paper.
- ☐ In a medium bowl, beat together the oil, eggs, sugar and anise flavoring until well blended.
- ☐ Combine the flour and baking powder, stir into the egg mixture to form a heavy dough. Divide dough into two pieces. Form each piece into a roll as long as your cookie sheet.
- ☐ Place roll onto the prepared cookie sheet, and press down to 1/2 inch thickness.
- ☐ Bake for 25 to 30 minutes in the preheated oven, until golden brown.
- ☐ Remove from the baking sheet to cool on a wire rack. When The cookies are cool enough to handle, slice each one crosswise into 1/2 inch slices.
- ☐ Place the slices cut side up back onto the baking sheet.
- ☐ Bake for an additional 6 to 10 minutes on each side. Slices should be lightly toasted.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:10.19, Inflammation Score:-1, Nutrition Score:2.0813043493292%

Nutrients (% of daily need)

Calories: 73.24kcal (3.66%), Fat: 1.08g (1.67%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.96g (5.08%), Sugar: 5.59g (6.21%), Cholesterol: 13.64mg (4.55%), Sodium: 40.82mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Selenium: 4.99µg (7.12%), Vitamin B1: 0.09mg (6%), Folate: 22.37µg (5.59%), Vitamin B2: 0.07mg (4.33%), Manganese: 0.08mg (3.91%), Iron: 0.63mg (3.49%), Vitamin B3: 0.67mg (3.35%), Phosphorus: 26.75mg (2.68%), Calcium: 23.39mg (2.34%), Fiber: 0.31g (1.22%), Vitamin K: 1.16µg (1.1%), Vitamin B5: 0.11mg (1.06%)