



Biscotti with Lavender and Orange

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



111 kcal

DESSERT

Ingredients

- 2 tablespoons almonds toasted sliced
- 0.8 teaspoon double-acting baking powder
- 2 large egg whites
- 1.5 cups flour all-purpose
- 1.5 tablespoons lavender leaves fresh chopped
- 0.5 teaspoon orange rind grated
- 0.1 teaspoon salt
- 3 tablespoons stick margarine softened

- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

- baking sheet
- oven
- knife
- wire rack
- blender
- measuring cup
- serrated knife

Directions

- Preheat oven to 32
- Beat the first 5 ingredients at medium speed of a mixer until well-blended. Beat in egg whites. Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine the flour, baking powder, and salt; gradually add flour mixture to sugar mixture, beating until blended. Stir in almonds.
- Turn biscotti dough out onto a baking sheet coated with cooking spray; with lightly floured hands, shape the dough into a 10-inch-long roll; flatten the roll to a 1-inch thickness.
- Bake the roll at 325 for 30 minutes.
- Remove the roll from the baking sheet, and cool for 10 minutes on a wire rack.
- Cut roll diagonally into 14 (1/2-inch) slices using a serrated knife.
- Place the slices, upright, on baking sheet.
- Bake the slices at 325 for 15 minutes (the cookies will be slightly soft in center but will harden as they cool).
- Remove from baking sheet; cool completely on wire rack.
- Note: Store in an airtight container. To freeze up to 6 months, place biscotti in an airtight container.

Nutrition Facts

PROTEIN 8.03% FAT 27.69% CARBS 64.28%

Properties

Glycemic Index:17.65, Glycemic Load:12.45, Inflammation Score:-2, Nutrition Score:2.7182608700317%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 111.14kcal (5.56%), Fat: 3.44g (5.3%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.43g (6.34%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 81.55mg (3.55%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 2.25g (4.49%), Selenium: 5.59µg (7.98%), Vitamin B1: 0.11mg (7.24%), Folate: 25.38µg (6.34%), Manganese: 0.13mg (6.26%), Vitamin B2: 0.11mg (6.23%), Vitamin B3: 0.85mg (4.25%), Iron: 0.74mg (4.1%), Vitamin E: 0.47mg (3.15%), Phosphorus: 27.49mg (2.75%), Vitamin A: 118.48IU (2.37%), Calcium: 23.47mg (2.35%), Fiber: 0.55g (2.19%), Magnesium: 7.51mg (1.88%), Copper: 0.04mg (1.79%)