Biscotti with Lavender and Orange

Vegetarian

READY IN	SERVINGS	CALORIES
13 min.	13	164 kcal

DESSERT

Ingredients

- [ ] 0.5 cup almonds toasted sliced
- [ ] 2 teaspoons double-acting baking powder
- [ ] 0.3 cup butter softened
- [ ] 2 large eggs
- [ ] 2 cups flour all-purpose
- [ ] 1.5 tablespoons lavender fresh coarsely chopped
- [ ] 0.5 teaspoon orange rind grated
- [ ] 0.5 teaspoon salt

- [ ] 0.5 cup sugar
- [ ] 0.5 teaspoon vanilla extract

Equipment

- [ ] baking sheet
- [ ] oven
- [ ] wire rack
- [ ] hand mixer
- [ ] serrated knife

Directions

- [ ] Beat first 4 ingredients at medium speed with an electric mixer until well blended.
- [ ] Add eggs, 1 at a time, beating until blended.
- [ ] Combine flour, baking powder, and salt. Gradually add flour mixture to sugar mixture; beat until blended. Stir in almonds and vanilla.
- [ ] Using floured hands, shape dough into a 10-inch log on a lightly greased baking sheet, and flatten to 1-inch thickness.
- [ ] Bake at 350 for 30 minutes.
- [ ] Remove to a wire rack to cool completely. Reduce oven temperature to 30
- [ ] Cut log diagonally into 1/2-inch-thick slices with a serrated knife, using a gentle sawing motion.
- [ ] Place slices on an ungreased baking sheet.
- [ ] Bake at 300 for 20 to 25 minutes (cookies will be slightly soft in center but will harden as they cool).
- [ ] Remove to wire racks to cool completely.

Nutrition Facts

PROTEIN **9.08%** FAT **34.05%** CARBS **56.87%**

Properties

Glycemic Index:22.85, Glycemic Load:16.18, Inflammation Score:-2, Nutrition Score:4.9169565594715%

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

Nutrients (% of daily need)

Calories: 164.09kcal (8.2%), Fat: 6.27g (9.64%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 22.59g (8.21%), Sugar: 7.93g (8.81%), Cholesterol: 38mg (12.67%), Sodium: 194.18mg (8.44%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 3.76g (7.52%), Selenium: 9.12µg (13.03%), Vitamin B1: 0.16mg (10.77%), Manganese: 0.22mg (10.76%), Vitamin B2: 0.17mg (10.21%), Folate: 40.52µg (10.13%), Vitamin E: 1.1mg (7.33%), Iron: 1.27mg (7.04%), Phosphorus: 67.58mg (6.76%), Vitamin B3: 1.27mg (6.36%), Calcium: 58mg (5.8%), Fiber: 0.97g (3.88%), Magnesium: 15mg (3.75%), Copper: 0.07mg (3.53%), Vitamin A: 156.18IU (3.12%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.22mg (2.24%), Potassium: 58.86mg (1.68%), Vitamin B6: 0.03mg (1.33%), Vitamin B12: 0.08µg (1.26%), Vitamin D: 0.15µg (1.03%)