

Black Olive Biscotti

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



20

CALORIES



123 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup olives black
- 1 tablespoon blood orange zest freshly grated (or regular orange zest)
- 2 eggs
- 0.3 cup olive oil extra virgin
- 1.5 cup flour all-purpose
- 2 tablespoons rosemary leaves fresh finely chopped
- 0.5 teaspoon salt

- 0.7 cup semolina flour
- 0.7 cup sugar

Equipment

- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- bread knife

Directions

- In a medium mixing bowl, combine flour, semolina, baking powder, salt, and rosemary. Set aside. If your olives are packed in brine, rinse and drain them. If they are packed in oil, drain the oil. Finely chop olives and add to dry mixture.
- In a small mixing bowl, whisk together the sugar, oil, zest and eggs.
- Scrape into dry mixture and fold together until dough is fully mixed. Pat into a log about 12 inches long and nearly 3 inches wide, wrap in plastic and chill at least half an hour (this will discourage the dough spreading in the oven).
- Meanwhile, place a rack in the center of the oven. Preheat oven to 350°F. When ready to bake, place dough on a cookie sheet lined with parchment paper or a silicone mat, patting into an even rectangle.
- Place in center of oven and bake for 20 minutes, then rotate and bake another 10 minutes. To test for doneness, press lightly in center of biscotti loaf. Loaf is done when center is firm and springs back to the touch.
- Remove from oven and allow to cool fully.
- Turn oven down to 300°F. Using a serrated bread knife, gently slice cooled biscotti into 1/2 inch slices.
- Lay slices out on parchment or silicone-lined baking sheet and bake for 7 minutes. Touch tops of slices; if they're still soft on the surface, bake another 2-4 minutes. Once the tops are crisp, remove baking sheet from oven, flip slices and bake until biscotti is crisp throughout, another 3 to 5 minutes. Allow to cool completely before storing in airtight containers.

Nutrition Facts

PROTEIN 7.37% FAT 33.19% CARBS 59.44%

Properties

Glycemic Index:14.55, Glycemic Load:12.02, Inflammation Score:-2, Nutrition Score:3.3308695606563%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 122.52kcal (6.13%), Fat: 4.55g (7%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 17.67g (6.43%), Sugar: 6.71g (7.45%), Cholesterol: 16.37mg (5.46%), Sodium: 142.34mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Selenium: 9.6µg (13.72%), Vitamin B1: 0.12mg (8.15%), Folate: 29.98µg (7.49%), Vitamin B2: 0.1mg (5.93%), Manganese: 0.1mg (5.11%), Iron: 0.85mg (4.75%), Vitamin B3: 0.91mg (4.53%), Vitamin E: 0.67mg (4.48%), Phosphorus: 35.59mg (3.56%), Calcium: 31.46mg (3.15%), Fiber: 0.65g (2.61%), Vitamin K: 2.24µg (2.13%), Copper: 0.03mg (1.59%), Magnesium: 5.92mg (1.48%), Vitamin B5: 0.15mg (1.47%), Vitamin C: 1.05mg (1.27%), Zinc: 0.19mg (1.24%)