



## Cappuccino Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



72 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 egg white
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons coffee granules instant
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 2 teaspoons water hot

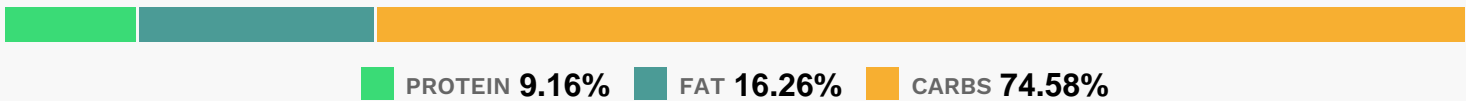
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Combine first 8 ingredients in a large bowl.
- ☐ Combine coffee granules and hot water in a small bowl. Stir in vanilla and next 2 ingredients, and add to flour mixture, stirring until well-blended.
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll.
- ☐ Place roll on a baking sheet coated with cooking spray, and flatten roll to 1-inch thickness.
- ☐ Bake at 325 for 30 minutes.
- ☐ Remove the roll from the baking sheet to a wire rack, and let cool for 10 minutes.
- ☐ Cut the roll diagonally into 30 (1/2-inch) slices, and place, cut sides down, on baking sheet.
- ☐ Bake for 10 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove cookies from the baking sheet, and let cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:8.74, Glycemic Load:9.29, Inflammation Score:-1, Nutrition Score:2.1147826335028%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.59kcal (3.58%), Fat: 1.33g (2.05%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 13.14g (4.78%), Sugar: 6.76g (7.51%), Cholesterol: 10.91mg (3.64%), Sodium: 70.36mg (3.06%), Alcohol: 0.05g (100%), Alcohol %: 0.27% (100%), Caffeine: 3.74mg (1.25%), Protein: 1.69g (3.37%), Manganese: 0.14mg (6.86%), Selenium: 4.14µg (5.92%), Vitamin B1: 0.07mg (4.78%), Folate: 18.17µg (4.54%), Vitamin B2: 0.06mg (3.77%), Iron: 0.59mg (3.3%), Copper: 0.06mg (3.15%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 26.41mg (2.64%), Fiber: 0.6g (2.38%), Magnesium: 8.2mg (2.05%), Zinc: 0.19mg (1.25%)