



WHATSheATE



## Cardamom-Pistachio Biscotti



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup roasted pistachios in shells unsalted shelled
- ☐ 0.5 cup sugar
- ☐ 0.8 cup pastry flour whole-wheat

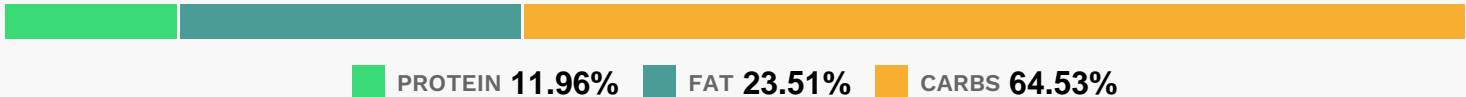
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cutting board
- ☐ serrated knife

# Directions

- ☐ Place a rack in middle of oven; preheat to 350F. Line 2 large baking sheets with parchment.
- ☐ In a small bowl, whisk flours, baking soda, cardamom and salt. In a large bowl, using an electric mixer on medium-high speed, beat eggs and sugar until pale and thick, about 5 minutes. On low speed, gradually beat in flour mixture until just incorporated. Fold in nuts.
- ☐ Divide dough in half and shape into 2 logs, each 12 inches long and 1 1/2 inches wide.
- ☐ Place on a baking sheet, 3 inches apart.
- ☐ Bake until firm and golden, about 25 minutes. Reduce oven to 300F.
- ☐ Place racks in top and bottom thirds of oven.
- ☐ Let baked logs cool for 10 minutes.
- ☐ Transfer 1 log to a cutting board.
- ☐ Cut with a serrated knife on a slight diagonal into 1/4-inch slices. Repeat with second log.
- ☐ Lay slices on baking sheets.
- ☐ Bake, flipping slices and switching sheets halfway through, until crisp and dry, about 18 minutes.
- ☐ Transfer to wire racks to cool completely.

# Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:1.9747825867456%

## Nutrients (% of daily need)

Calories: 50.95kcal (2.55%), Fat: 1.37g (2.11%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 7.86g (2.86%), Sugar: 3.52g (3.91%), Cholesterol: 12.4mg (4.13%), Sodium: 42.63mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 0.17mg (8.73%), Selenium: 4.16µg (5.95%), Vitamin B1: 0.06mg (3.68%), Phosphorus: 30.33mg (3.03%), Fiber: 0.62g (2.48%), Vitamin B2: 0.04mg (2.42%), Folate: 9.65µg (2.41%), Copper: 0.05mg (2.3%), Iron: 0.4mg (2.21%), Vitamin B6: 0.04mg (2.11%), Magnesium: 7.47mg (1.87%), Vitamin B3: 0.36mg (1.82%), Zinc: 0.19mg (1.28%), Potassium: 39.8mg (1.14%)