



Cashew-and-Golden Raisin Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 0.8 cup golden raisins
- ☐ 0.3 teaspoon mace
- ☐ 0.5 teaspoon nutmeg whole grated
- ☐ 0.8 cup dry-roasted cashews chopped

- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract

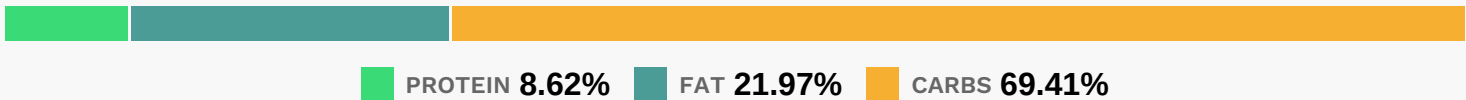
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 30
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour and the next 4 ingredients (flour through mace) in a large bowl. Beat the sugar, vanilla, and eggs with a mixer in a large bowl at medium speed until thick. Stir in the flour mixture, cashews, and raisins. Turn the dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 12-inch roll.
- ☐ Place roll on a baking sheet coated with cooking spray, and pat to 1-inch thickness.
- ☐ Bake at 300 for 45 minutes. Cool 10 minutes on a wire rack.
- ☐ Cut roll diagonally into 24 (1/2-inch) slices; stand the slices upright on baking sheet.
- ☐ Bake for 20 minutes (the cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:11.13, Inflammation Score:-1, Nutrition Score:2.8817391214163%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 101.22kcal (5.06%), Fat: 2.53g (3.89%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.43g (6.34%), Sugar: 9.23g (10.25%), Cholesterol: 15.5mg (5.17%), Sodium: 32.08mg (1.39%), Alcohol: 0.1g (100%), Alcohol %: 0.51% (100%), Protein: 2.23g (4.47%), Selenium: 4.79µg (6.85%), Copper: 0.13mg (6.43%), Manganese: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.27%), Folate: 20.98µg (5.25%), Vitamin B2: 0.08mg (4.75%), Phosphorus: 46.68mg (4.67%), Iron: 0.84mg (4.64%), Magnesium: 15.31mg (3.83%), Vitamin B3: 0.63mg (3.15%), Zinc: 0.37mg (2.47%), Fiber: 0.56g (2.23%), Potassium: 73.92mg (2.11%), Vitamin B6: 0.04mg (1.83%), Vitamin B5: 0.16mg (1.6%), Vitamin K: 1.68µg (1.6%), Calcium: 15.54mg (1.55%)