



Chai Spice Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground ginger
- ☐ 1 tablespoon orange juice orange-flavored (liqueur)
- ☐ 1 cup sugar

- ☐ 1 tablespoon chai spice (3 tea bags)
- ☐ 1 tablespoon vegetable oil

Equipment


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

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon the flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 6 ingredients (flour through allspice) in a large bowl.
- ☐ Combine the oil, liqueur, and eggs, and add to the flour mixture, stirring until well-blended (the dough will be dry and crumbly). Turn dough out onto a lightly floured surface; knead lightly 7 or 8 times. Divide the dough in half. Shape each portion into an 8-inch-long roll.
- ☐ Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten each roll to 1-inch thickness.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove the rolls from baking sheet; cool for 10 minutes on a wire rack.
- ☐ Cut each roll diagonally into 15 (1/2-inch) slices.
- ☐ Place the slices, cut sides down, on baking sheet. Reduce the oven temperature to 325; bake 10 minutes. Turn cookies over; bake an additional 10 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



 PROTEIN **9.13%**  FAT **12.26%**  CARBS **78.61%**

Properties

Glycemic Index:10.3, Glycemic Load:11.09, Inflammation Score:-1, Nutrition Score:2.5039130656616%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 80.46kcal (4.02%), Fat: 1.1g (1.7%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 15.49g (5.63%), Sugar: 6.77g (7.52%), Cholesterol: 18.6mg (6.2%), Sodium: 35.89mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Manganese: 0.17mg (8.27%), Selenium: 5.54µg (7.92%), Vitamin B1: 0.09mg (6.19%), Folate: 23.59µg (5.9%), Vitamin B2: 0.08mg (4.79%), Iron: 0.73mg (4.04%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 28.8mg (2.88%), Calcium: 23.46mg (2.35%), Fiber: 0.43g (1.72%), Vitamin B5: 0.13mg (1.29%), Copper: 0.02mg (1.16%), Zinc: 0.16mg (1.05%)