



## Cheddar-Parmesan Biscotti

READY IN



45 min.

SERVINGS



24

CALORIES



100 kcal

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon basil dried
- ☐ 1 large egg whites
- ☐ 2 large eggs
- ☐ 0.3 cup skim milk fat-free
- ☐ 12.3 ounces flour
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces parmesan cheese freshly grated
- ☐ 3 tablespoons pinenuts toasted

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sun-dried olives
- ☐ 3 tablespoons cornmeal yellow

## Equipment

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

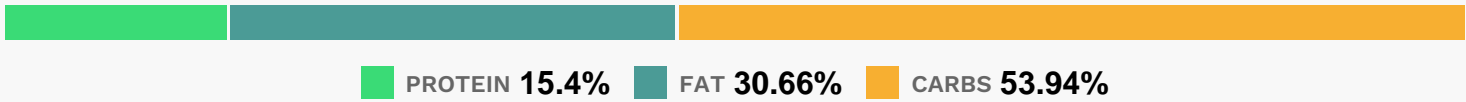
## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 8 ingredients (through basil) in a large bowl.
- ☐ Combine milk, oil, eggs, and egg white; stir with a whisk.
- ☐ Add milk mixture to flour mixture, stirring until well blended. (Dough will be crumbly and slightly dry.)
- ☐ Turn dough out onto a lightly floured surface; knead 7 times. Divide 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 to 1-inch thickness.
- ☐ Bake at 350 for 25 minutes.
- ☐ Remove from baking sheet; cool 10 minutes on wire rack.
- ☐ Reduce oven temperature to 32
- ☐ Cut each roll diagonally into 12 (1/2-inch) slices; stand slices upright on baking sheet.
- ☐ Bake 25 minutes (cookies will be slightly soft in center but will harden as they cool).

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Remove from baking sheet; cool completely on wire rack.

# Nutrition Facts



## Properties

Glycemic Index:13.57, Glycemic Load:8.89, Inflammation Score:-2, Nutrition Score:4.312608677408%

## Nutrients (% of daily need)

Calories: 99.51kcal (4.98%), Fat: 3.39g (5.22%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 12.71g (4.62%), Sugar: 0.74g (0.82%), Cholesterol: 19.51mg (6.5%), Sodium: 165.68mg (7.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Manganese: 0.24mg (12.2%), Selenium: 8µg (11.43%), Vitamin B1: 0.13mg (8.9%), Folate: 31.04µg (7.76%), Vitamin B2: 0.13mg (7.52%), Phosphorus: 71.32mg (7.13%), Calcium: 63.11mg (6.31%), Iron: 1.03mg (5.73%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.48mg (3.19%), Magnesium: 12.46mg (3.12%), Copper: 0.06mg (3.11%), Fiber: 0.71g (2.83%), Potassium: 85.77mg (2.45%), Vitamin B5: 0.19mg (1.93%), Vitamin K: 2.02µg (1.92%), Vitamin E: 0.29mg (1.91%), Vitamin B12: 0.11µg (1.78%), Vitamin A: 78.97IU (1.58%), Vitamin B6: 0.03mg (1.56%)