



Cherry Berry Bonanza Biscotti



Vegetarian



Dairy Free

READY IN



54 min.

SERVINGS



24

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup almonds toasted chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup cherries dried chopped (I did not chop)
- ☐ 2 large eggs
- ☐ 7.6 oz flour all-purpose
- ☐ 1 cup minus 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon salt

☐ 1 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cutting board

Directions

- ☐ Preheat the oven to 375 degrees F. Line a large baking sheet with parchment paper. In a mixing bowl, thoroughly stir together the flour, baking powder, salt and sugar.
- ☐ Add the nuts. In a second bowl, whisk the eggs.
- ☐ Add the almond extract and the oil.
- ☐ Add the egg mixture to the flour mixture and stir until everything comes together.
- ☐ Add the berries, then turn onto a clean surface and use your hands to shape it into a cohesive dough. It will be very crumbly, but it should come together. Divide in half and shape dough into slabs directly on the baking sheet. The slabs should be about 1 inch thick, 6 inches long and 3 inches across.
- ☐ Bake the slabs for 25 minutes. Reduce oven heat to 300 degrees F.
- ☐ Let cool for about 5 minutes, then transfer to a cutting board and slice each slab into 12 3/4 inch wedges. Arrange the wedges of biscotti back on the baking sheet and bake at 300 F for about 22 minutes.
- ☐ Let cool completely.

Nutrition Facts



■ PROTEIN 9.51% ■ FAT 29.05% ■ CARBS 61.44%

Properties

Glycemic Index:10.3, Glycemic Load:10.85, Inflammation Score:-2, Nutrition Score:3.7878261182619%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 122.8kcal (6.14%), Fat: 4.05g (6.23%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.93g (6.52%), Sugar: 10.6g (11.78%), Cholesterol: 15.5mg (5.17%), Sodium: 39.92mg (1.74%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 2.98g (5.97%), Vitamin E: 1.62mg (10.81%), Manganese: 0.2mg (9.97%), Vitamin B2: 0.13mg (7.83%), Selenium: 4.62µg (6.6%), Vitamin B1: 0.08mg (5.62%), Fiber: 1.34g (5.38%), Folate: 21.01µg (5.25%), Phosphorus: 48.44mg (4.84%), Magnesium: 18.61mg (4.65%), Iron: 0.79mg (4.37%), Copper: 0.08mg (3.9%), Vitamin B3: 0.75mg (3.75%), Vitamin A: 157.03IU (3.14%), Calcium: 28.13mg (2.81%), Zinc: 0.3mg (2.02%), Potassium: 59.47mg (1.7%), Vitamin B5: 0.13mg (1.31%), Vitamin K: 1.08µg (1.03%)