



Chocolate-Almond Biscotti

 Dairy Free

READY IN



155 min.

SERVINGS



35

CALORIES



141 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 1.5 tsp calumet baking powder
- 3 eggs
- 2 cups flour
- 0.5 cup granulated sugar
- 0.3 tsp salt
- 12 oz baker's semi-sweet chocolate divided

- 1 cup planters slivered almonds toasted
- 1 tsp vanilla

Equipment

- bowl
- baking sheet
- oven
- blender
- toothpicks
- microwave
- cutting board
- serrated knife

Directions

- Heat oven to 325F.
- Reserve 2 oz. chocolate. Coarsely chop remaining chocolate. Microwave chopped chocolate in small microwaveable bowl on HIGH 2 min. Stir until chocolate is completely melted; cool slightly. Meanwhile, combine flour, baking powder and salt.
- Beat butter and sugars in large bowl with mixer until blended.
- Add eggs, 1 at a time, beating well after each addition. Blend in melted chocolate and vanilla. Gradually add flour mixture, beating well after each addition. Stir in nuts.
- Divide dough in half; roll each half into 10x2-inch log on lightly floured surface.
- Place, 2 inches apart, on baking sheet sprayed with cooking spray.
- Bake 40 to 50 min. or until toothpick inserted in centers comes out clean. Cool on baking sheet 15 min.
- Transfer logs to cutting board. Use serrated knife to cut each log into 18 diagonal slices; place, cut sides down, on baking sheet.
- Bake 10 min. on each side or until cookies are lightly browned on both sides.
- Remove to wire racks; cool completely.
- Melt reserved chocolate as directed on package; drizzle over biscotti.

Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:6.02, Inflammation Score:-2, Nutrition Score:3.9591304426608%

Flavonoids

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

Nutrients (% of daily need)

Calories: 140.6kcal (7.03%), Fat: 7.01g (10.78%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.9g (5.78%), Sugar: 9.65g (10.72%), Cholesterol: 14.61mg (4.87%), Sodium: 62.04mg (2.7%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.36mg (2.79%), Protein: 2.48g (4.96%), Manganese: 0.25mg (12.58%), Copper: 0.17mg (8.39%), Magnesium: 27.87mg (6.97%), Selenium: 4.58µg (6.54%), Iron: 1.17mg (6.52%), Vitamin E: 0.94mg (6.28%), Phosphorus: 60.5mg (6.05%), Vitamin B2: 0.09mg (5.51%), Fiber: 1.36g (5.43%), Vitamin B1: 0.07mg (4.48%), Folate: 16.25µg (4.06%), Calcium: 33.25mg (3.32%), Vitamin B3: 0.62mg (3.11%), Zinc: 0.45mg (3.03%), Potassium: 95.72mg (2.73%), Vitamin A: 83.25IU (1.67%), Vitamin B5: 0.14mg (1.38%)