



Chocolate-and-Pistachio Biscotti

READY IN



120 min.

SERVINGS



12

CALORIES



328 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 12 servings bittersweet chocolate melted for dipping
- 0.5 teaspoon cinnamon
- 1 tablespoon rum dark
- 1 large egg whites lightly beaten
- 2 large eggs
- 2.5 cups flour all-purpose
- 1.5 cups pistachios raw chopped for garnish
- 0.8 teaspoon salt

- 0.8 cup sugar
- 1 stick butter unsalted softened
- 0.5 cup cocoa powder unsweetened
- 1 vanilla pod

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- chefs knife

Directions

- Preheat the oven to 350 and line 2 baking sheets with parchment paper. In a standing electric mixer fitted with the paddle, beat the butter with the sugar at medium speed until creamy.
- Add the eggs, vanilla seeds and rum and beat until smooth. In a small bowl, whisk the flour with the cocoa powder, baking powder, salt and cinnamon.
- Add the dry ingredients to the batter and beat at low speed until incorporated. Beat in the whole pistachios.
- Divide the dough into 4 pieces. On a lightly floured surface, roll each piece into a 1 1/4-inch-thick log. Arrange 2 logs on each baking sheet about 3 inches apart and press to flatten slightly.
- Brush the logs with the egg white.
- Bake the logs for about 25 minutes, until the tops are cracked and glossy and slightly firm to the touch.
- Let the logs cool slightly.
- Using a sharp chef's knife, cut the logs into 1/3-inch-thick diagonal slices. Arrange the slices on the baking sheets; bake for about 20 minutes, until dry.

Let cool completely. Partially dip the biscotti in the melted chocolate and sprinkle lightly with chopped pistachios. Refrigerate until the chocolate is set.

Nutrition Facts



PROTEIN 9.42% **FAT 44.09%** **CARBS 46.49%**

Properties

Glycemic Index:22.92, Glycemic Load:23.67, Inflammation Score:-5, Nutrition Score:10.302608707677%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 328.4kcal (16.42%), Fat: 16.65g (25.61%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 35.76g (13%), Sugar: 14.21g (15.79%), Cholesterol: 51.31mg (17.1%), Sodium: 199.78mg (8.69%), Alcohol: 0.42g (100%), Alcohol %: 0.65% (100%), Caffeine: 9.1mg (3.03%), Protein: 8g (16.01%), Manganese: 0.53mg (26.58%), Vitamin B1: 0.35mg (23.02%), Copper: 0.4mg (19.77%), Selenium: 13.78µg (19.69%), Phosphorus: 158.94mg (15.89%), Folate: 60.96µg (15.24%), Fiber: 3.74g (14.95%), Vitamin B6: 0.29mg (14.61%), Iron: 2.57mg (14.3%), Vitamin B2: 0.22mg (12.83%), Magnesium: 45.61mg (11.4%), Vitamin B3: 1.84mg (9.19%), Potassium: 264.57mg (7.56%), Vitamin A: 344.87IU (6.9%), Zinc: 0.91mg (6.08%), Calcium: 53.01mg (5.3%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.35mg (3.5%), Vitamin D: 0.31µg (2.05%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 0.86mg (1.05%)