



Chocolate and Pistachio Biscotti



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup chocolate chips
- ☐ 0.3 cup cocoa powder
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pistachios
- ☐ 0.1 tsp salt

☐ 6 tablespoons sugar

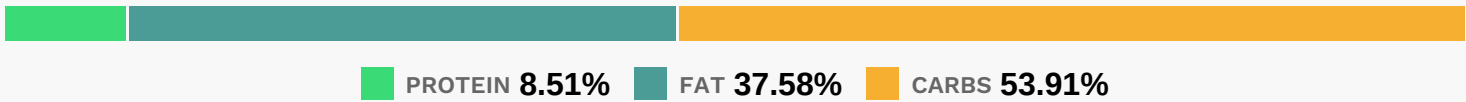
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven

Directions

- ☐ Mix the flour, cocoa powder, baking powder and salt in a bowl.
- ☐ Slowly mix the sugar into the eggs and oil in another bowl.
- ☐ Slowly mix the dry and wet ingredients until they come together.
- ☐ Mix in the pistachios and chocolate chips.
- ☐ Form the dough into a rough oval about 8 inches by 3 inches on parchment paper. Note: The dough will be very sticky but you will be able to shape it.
- ☐ Bake in a preheated 350F oven for 30 minutes.
- ☐ Cut it into 1/4-1/2 inch slices.
- ☐ Bake the slices in the oven for 10 minutes per side at 325F.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:10.06, Inflammation Score:-2, Nutrition Score:3.7204347557348%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 129.45kcal (6.47%), Fat: 5.63g (8.66%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 16.97g (6.17%), Sugar: 8.41g (9.35%), Cholesterol: 27.28mg (9.09%), Sodium: 53.02mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.87g (5.74%), Selenium: 6.25µg (8.94%), Manganese: 0.17mg (8.65%), Vitamin B1: 0.11mg (7.23%), Folate: 24.39µg (6.1%), Copper: 0.12mg (6.1%), Vitamin B2: 0.09mg (5.56%), Iron: 1mg (5.53%), Phosphorus: 55.13mg (5.51%), Fiber: 1.21g (4.83%), Magnesium: 15.26mg (3.81%), Vitamin B3: 0.69mg (3.46%), Vitamin E: 0.48mg (3.2%), Vitamin B6: 0.06mg (3.14%), Potassium: 85.66mg (2.45%), Calcium: 23.22mg (2.32%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.18mg (1.76%), Vitamin K: 1.5µg (1.43%), Vitamin B12: 0.07µg (1.09%)