



Chocolate, Cherry, and Hazelnut Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 ounces bittersweet chocolate coarsely chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup cherries dried
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup hazelnuts

- ☐ 1 tablespoon espresso powder instant
- ☐ 0.5 cup port sweet
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1.5 teaspoons vanilla extract

Equipment

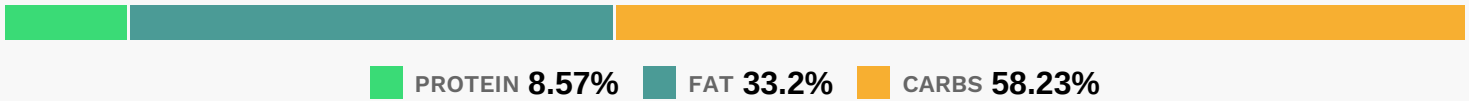
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place hazelnuts on a baking sheet.
- ☐ Bake at 350 for 10 minutes, stirring once. Turn nuts out onto a towel.
- ☐ Roll up towel; rub off skins. Chop nuts.
- ☐ Pour wine in a small microwave-safe bowl. Microwave at HIGH 1 minute.
- ☐ Add cherries, and let stand for 30 minutes.
- ☐ Drain well.
- ☐ Place sugar and chocolate in a food processor; process until chocolate is finely ground.

- ☐ Place vanilla, egg, and egg yolk in a large bowl; beat with a mixer at medium speed until blended (about 1 minute).
- ☐ Add sugar mixture; beat 1 minute.
- ☐ Weigh or lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour and remaining ingredients, and stir with a whisk. Gradually add flour mixture to egg mixture, beating until blended.
- ☐ Add hazelnuts and cherries; beat just until blended. (The dough will be very stiff.) Turn dough out onto a lightly floured surface, and knead lightly several times. Divide dough in half; shape each portion into an 8-inch-long roll.
- ☐ Place rolls on a baking sheet lined with parchment paper; pat each roll to a 1-inch thickness.
- ☐ Bake at 350 for 20 minutes.
- ☐ Remove from oven, and cool on a baking sheet for 10 minutes.
- ☐ Reduce oven temperature to 32
- ☐ Cut each roll diagonally into 12 slices.
- ☐ Place, cut sides down, on baking sheet.
- ☐ Bake at 325 for 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:2.98, Inflammation Score:-2, Nutrition Score:3.6326087350431%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.69mg, Malvidin: 0.69mg, Malvidin: 0.69mg, Malvidin: 0.69mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg,

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 95.81kcal (4.79%), Fat: 3.56g (5.48%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 12.49g (4.54%), Sugar: 7.28g (8.09%), Cholesterol: 15.61mg (5.2%), Sodium: 56.84mg (2.47%), Alcohol: 0.62g (100%), Alcohol %: 2.72% (100%), Caffeine: 13.71mg (4.57%), Protein: 2.07g (4.14%), Manganese: 0.32mg (16.02%), Copper: 0.17mg (8.39%), Fiber: 1.57g (6.27%), Iron: 1.02mg (5.68%), Magnesium: 22.48mg (5.62%), Selenium: 3.51µg (5.01%), Phosphorus: 49.58mg (4.96%), Vitamin B1: 0.06mg (4.12%), Folate: 15.04µg (3.76%), Calcium: 31.71mg (3.17%), Vitamin E: 0.44mg (2.94%), Vitamin B2: 0.05mg (2.93%), Potassium: 93.79mg (2.68%), Vitamin B3: 0.5mg (2.5%), Zinc: 0.37mg (2.44%), Vitamin A: 113.48IU (2.27%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.12mg (1.22%)