



Chocolate-Cherry Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



79 kcal

DESSERT

Ingredients

- 1.5 teaspoons almond extract
- 0.7 cup cherries dried
- 3 large eggs
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup semi chocolate chips
- 1 cup sugar
- 2 teaspoons vanilla extract

- 2 tablespoons vegetable oil
- 1 cup flour whole-wheat

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 350
- Lightly spoon flours into dry measuring cups, and level with a knife.
- Combine flours and salt in a bowl; stir well with a whisk.
- Beat sugar and eggs with a mixer at high speed until thick and pale (about 4 minutes).
- Add oil and extracts, beating until well-blended.
- Add flour mixture, beating at low speed just until blended. Stir in cherries and chocolate chips.
- Divide dough in half; turn out onto a baking sheet coated with cooking spray. Shape each portion into a 10-inch-long roll, and flatten to 1-inch thickness.
- Bake at 350 for 25 minutes or until lightly browned.
- Remove rolls from the baking sheet; cool 10 minutes on a wire rack. Reduce oven temperature to 325
- Cut each roll diagonally into 20 (1/2-inch) slices.
- Place slices, cut sides down, on baking sheet.
- Bake at 325 for 10 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool).

Remove from baking sheet; cool completely on wire rack.

Nutrition Facts

PROTEIN 8.46% **FAT 23.33%** **CARBS 68.21%**

Properties

Glycemic Index:4.18, Glycemic Load:7.01, Inflammation Score:-1, Nutrition Score:2.4399999788274%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 79.06kcal (3.95%), Fat: 2.06g (3.16%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 12.81g (4.66%), Sugar: 6.2g (6.89%), Cholesterol: 14.09mg (4.7%), Sodium: 20.35mg (0.88%), Alcohol: 0.12g (100%), Alcohol %: 0.65% (100%), Protein: 1.68g (3.35%), Manganese: 0.2mg (9.91%), Selenium: 5.34µg (7.63%), Vitamin B1: 0.07mg (4.47%), Folate: 14.61µg (3.65%), Iron: 0.62mg (3.43%), Vitamin B2: 0.06mg (3.3%), Phosphorus: 31.24mg (3.12%), Fiber: 0.72g (2.87%), Vitamin B3: 0.54mg (2.72%), Copper: 0.05mg (2.7%), Magnesium: 10.19mg (2.55%), Zinc: 0.23mg (1.55%), Vitamin K: 1.55µg (1.47%), Potassium: 41.24mg (1.18%), Vitamin B6: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.14%)