



Chocolate Chip Biscookie

 Vegetarian

READY IN



70 min.

SERVINGS



20

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup regular-size chocolate chips mini chopped
- ☐ 2 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups pastry flour whole wheat for dusting plus more

Equipment

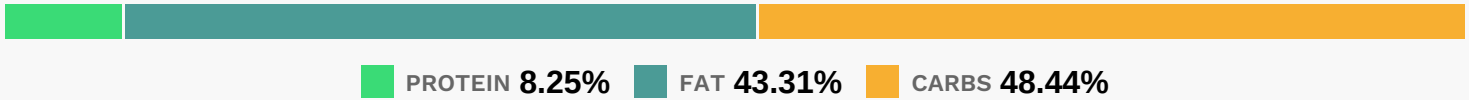
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Line a large rimmed baking sheet with parchment. Sift the flour, baking powder and salt in a medium bowl and set aside.
- ☐ Cream the butter, granulated sugar and brown sugar in a second medium bowl using a hand mixer on high speed, about 3 minutes.
- ☐ Add one egg at a time, making sure to mix well before each addition.
- ☐ Add the vanilla and almond meal and mix.
- ☐ Add the flour mixture to the egg mixture and beat until combined. The dough will be thick and sticky. Fold in the chocolate chips and pecans.
- ☐ Transfer the dough to a lightly-floured surface; divide in half. Using floured hands, shape each piece of dough into a log about 10-inches long.
- ☐ Brush off excess flour; transfer the logs to the prepared baking sheet, spaced 5 inches apart. Flatten each log into a 2-inch-wide strip.
- ☐ Bake until browned and set, about 20 minutes.
- ☐ Transfer to a rack; let cool for 10 minutes.
- ☐ Reduce the oven temperature to 300 degrees F.
- ☐ Transfer the biscotti to a work surface. Using a serrated knife, cut each strip diagonally into 1/3-inch-thick slices. Arrange the slices cut-side down on baking sheets.

- ☐
- Bake the biscotti, rotating the baking sheets halfway through, until crisp, about 30 minutes.
- ☐
- Transfer the baking sheets to racks and let cool completely.
- ☐
- Biscookies can be made 3 days ahead. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:2.9965217332963%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 101.24kcal (5.06%), Fat: 5.05g (7.77%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.58g (4.21%), Sugar: 6.74g (7.49%), Cholesterol: 24.96mg (8.32%), Sodium: 89.24mg (3.88%), Alcohol: 0.07g (100%), Alcohol %: 0.34% (100%), Protein: 2.17g (4.33%), Manganese: 0.36mg (18.24%), Selenium: 6.29µg (8.99%), Phosphorus: 45.28mg (4.53%), Fiber: 1.13g (4.52%), Vitamin B1: 0.05mg (3.2%), Magnesium: 12.76mg (3.19%), Iron: 0.51mg (2.85%), Calcium: 26.56mg (2.66%), Copper: 0.05mg (2.57%), Vitamin B2: 0.04mg (2.26%), Vitamin B6: 0.04mg (2.14%), Zinc: 0.32mg (2.13%), Vitamin A: 103.38IU (2.07%), Vitamin B3: 0.4mg (1.98%), Folate: 6.03µg (1.51%), Vitamin B5: 0.14mg (1.39%), Potassium: 43.93mg (1.26%), Vitamin E: 0.19mg (1.25%)