



Chocolate-Cinnamon Biscotti

READY IN



20 min.

SERVINGS



1

CALORIES



2714 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 4.5 ounces premium chocolate dark finely chopped
- ☐ 0.5 cup egg substitute
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon espresso granules instant
- ☐ 0.1 teaspoon salt

☐ 0.5 cup sweetener reduced-calorie

Equipment

☐ baking sheet

☐ oven

☐ hand mixer

☐ serrated knife

Directions

☐ Beat first 4 ingredients at medium speed with an electric mixer 2 minutes or until well blended.

☐ Add egg substitute, beating until well blended.

☐ Combine flour and next 3 ingredients; add to butter mixture, beating at low speed just until blended. Stir in chocolate and, if desired, nuts.

☐ Divide dough in half; shape each portion into a 10- x 2-inch log on a lightly greased baking sheet.

☐ Bake at 350 for 23 to 25 minutes or until firm and lightly browned. Cool on baking sheet 5 minutes.

☐ Remove to wire racks to cool completely.

☐ Cut each log diagonally into 1/2-inch slices with a serrated knife, using a gentle sawing motion.

☐ Place slices on ungreased baking sheets.

☐ Bake at 350 for 7 to 9 minutes; turn cookies over, and bake 7 to 9 more minutes or until cookies are browned.

☐ Remove cookies to wire racks to cool completely.

☐ Note: For testing purposes only, we used Equal Sugar Lite, Caf Bustelo Instant Coffee (Espresso), and Ghirardelli Dark Chocolate.

☐ Per cookie (without nuts): Calories 94 (35% from fat); Fat 7g (sat 1g, mono 6g, poly 2g); Protein 6g; Carb 14g; Fiber 5g; Chol 6mg; Iron 8mg; Sodium 57mg; Calc 21mg.

Nutrition Facts



 PROTEIN **6.34%**  FAT **34.28%**  CARBS **59.38%**

Properties

Glycemic Index:245, Glycemic Load:149.84, Inflammation Score:-10, Nutrition Score:61.270434856415%

Nutrients (% of daily need)

Calories: 2714.32kcal (135.72%), Fat: 118.24g (181.9%), Saturated Fat: 70.53g (440.84%), Carbohydrates: 460.92g (153.64%), Net Carbohydrates: 368.48g (133.99%), Sugar: 164.2g (182.44%), Cholesterol: 166.51mg (55.5%), Sodium: 1715.29mg (74.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 259.06mg (86.35%), Protein: 49.19g (98.38%), Manganese: 4.53mg (226.47%), Selenium: 145.74µg (208.19%), Iron: 30.92mg (171.78%), Vitamin B1: 2.15mg (143.62%), Copper: 2.7mg (135.11%), Folate: 480.13µg (120.03%), Vitamin B2: 1.83mg (107.5%), Magnesium: 393.86mg (98.46%), Phosphorus: 919.13mg (91.91%), Vitamin B3: 17.85mg (89.24%), Fiber: 21.2g (84.79%), Calcium: 697.5mg (69.75%), Potassium: 1782.28mg (50.92%), Zinc: 7.29mg (48.58%), Vitamin A: 2213.61IU (44.27%), Vitamin B5: 3.86mg (38.57%), Vitamin E: 4.59mg (30.6%), Vitamin B6: 0.37mg (18.42%), Vitamin K: 16.01µg (15.24%), Vitamin B12: 0.89µg (14.9%), Vitamin D: 1.92µg (12.8%)