



Chocolate-Dipped Orange Biscotti



Vegetarian



Dairy Free

READY IN



170 min.

SERVINGS



36

CALORIES



63 kcal

DESSERT

Ingredients

- ☐ 0.7 cup sugar
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon orange zest grated
- ☐ 1.5 teaspoons vanilla
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda

- ☐ 0.3 teaspoon salt
- ☐ 2 ounces baker's chocolate melted

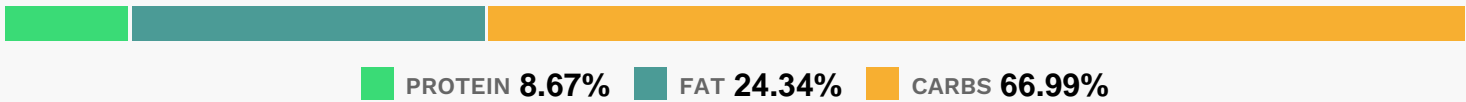
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix sugar, oil, orange peel, vanilla and eggs in large bowl. Stir in flour, baking powder, baking soda and salt. Knead dough on lightly floured surface until smooth.
- ☐ Shape half of dough at a time into rectangle, 10x3 inches, on ungreased cookie sheet.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool on cookie sheet 15 minutes.
- ☐ Cut crosswise into 1/2-inch slices.
- ☐ Place slices cut sides down on cookie sheet.
- ☐ Bake about 15 minutes, turning once, until crisp and light brown. Immediately remove from cookie sheet. Cool on wire rack.
- ☐ Dip one end of each cookie into melted chocolate.
- ☐ Place on waxed paper until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:7.41, Inflammation Score:-1, Nutrition Score:2.1026087001614%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg

Nutrients (% of daily need)

Calories: 63.3kcal (3.16%), Fat: 1.76g (2.71%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.38g (3.77%), Sugar: 3.76g (4.18%), Cholesterol: 9.09mg (3.03%), Sodium: 39.61mg (1.72%), Alcohol: 0.06g (100%), Alcohol %: 0.36% (100%), Protein: 1.41g (2.82%), Manganese: 0.13mg (6.31%), Selenium: 3.84µg (5.49%), Vitamin B1: 0.07mg (4.78%), Folate: 17.53µg (4.38%), Iron: 0.74mg (4.09%), Vitamin B2: 0.06mg (3.33%), Copper: 0.07mg (3.29%), Vitamin B3: 0.54mg (2.69%), Phosphorus: 22.99mg (2.3%), Fiber: 0.51g (2.05%), Magnesium: 7.44mg (1.86%), Zinc: 0.25mg (1.63%), Vitamin K: 1.3µg (1.24%), Calcium: 11.12mg (1.11%)