



Chocolate-Dipped Orange Biscotti (lighter)



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



36

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 0.7 cup sugar
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 tablespoon orange zest grated
- ☐ 1.5 teaspoons vanilla
- ☐ 0.5 cup eggs fat-free
- ☐ 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

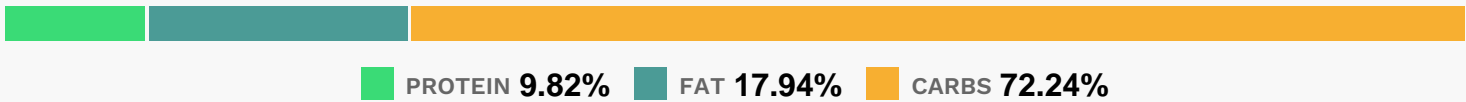
Equipment

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

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix sugar, applesauce, orange peel, vanilla and egg product 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 cut sides down on cookie sheet.
- ☐ Bake about 15 minutes, turning once, until crisp and light brown. Immediately remove from cookie sheet. Cool completely 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:2.16086957053%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 60.7kcal (3.03%), Fat: 1.25g (1.92%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.73g (3.9%), Sugar: 4.09g (4.54%), Cholesterol: 12.56mg (4.18%), Sodium: 41mg (1.78%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 1.53g (3.07%), Manganese: 0.13mg (6.36%), Selenium: 4.14µg (5.92%), Vitamin B1: 0.07mg (4.86%), Folate: 18.06µg (4.52%), Iron: 0.76mg (4.22%), Vitamin B2: 0.06mg (3.64%), Copper: 0.07mg (3.37%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 25.01mg (2.5%), Fiber: 0.55g (2.2%), Magnesium: 7.65mg (1.91%), Zinc: 0.26mg (1.72%), Calcium: 11.78mg (1.18%)