



Chocolate, Hazelnut and Ginger Biscotti

READY IN



45 min.

SERVINGS



48

CALORIES



100 kcal

DESSERT

Ingredients

- 1.7 cups flour
- 1 teaspoon baking soda
- 0.3 cup candied ginger finely chopped
- 4 large eggs
- 0.7 cup hazelnuts husked toasted coarsely chopped
- 0.5 teaspoon salt
- 8 ounces semi chocolate chips
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened

- 2 teaspoons vanilla extract
- 6 ounces chocolate white chopped (such as Lindt or Baker's)

Equipment

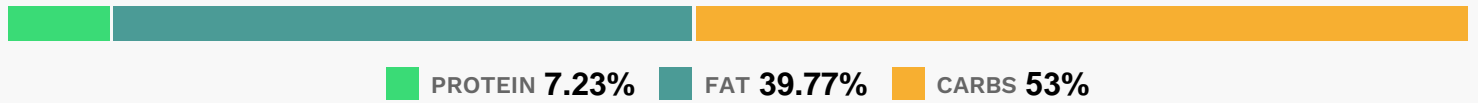
- bowl
- baking sheet
- baking paper
- oven
- whisk
- double boiler
- cutting board
- serrated knife

Directions

- Preheat oven to 350°F. Line large baking sheet with parchment paper. Sift first 5 ingredients into medium bowl.
- Add 3 eggs and vanilla; beat until blended. Stir in chocolate chips, nuts and crystallized ginger (dough will be firm). Turn dough out onto floured surface. Gather into ball. Divide dough in half.
- Roll each half into 12-inch-long log.
- Transfer logs to prepared baking sheet, spacing 3 inches apart. Flatten each to 2 1/2-inch-wide log.
- Whisk remaining egg in small bowl to blend.
- Brush logs with some of beaten egg.
- Bake logs until golden and firm to touch, about 35 minutes. Cool logs on baking sheet 15 minutes. Reduce oven temperature to 325°F.
- Transfer logs to cutting board. Using serrated knife, cut logs crosswise into scant 1/2-inch-wide slices.
- Place slices, cut side down, on large baking sheets.
- Bake until firm, about 15 minutes.

- Transfer biscotti to racks and cool completely.
- Stir white chocolate in top of double boiler set over barely simmering water until melted and smooth.
- Remove from over water.
- Place biscotti on rack set over baking sheet. Using spoon, drizzle melted white chocolate decoratively in zigzag pattern over biscotti.
- Let stand until chocolate is firm. (Can be prepared ahead. Store biscotti in airtight container at room temperature up to 2 weeks or freeze up to 1 month.)

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:2.7465217515178%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 99.69kcal (4.98%), Fat: 4.49g (6.92%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.59g (4.58%), Sugar: 8.85g (9.83%), Cholesterol: 16.53mg (5.51%), Sodium: 57.02mg (2.48%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Caffeine: 5.44mg (1.81%), Protein: 1.84g (3.68%), Manganese: 0.22mg (11.01%), Copper: 0.12mg (6.1%), Selenium: 3.46µg (4.94%), Iron: 0.75mg (4.14%), Phosphorus: 40.69mg (4.07%), Magnesium: 15.91mg (3.98%), Fiber: 0.88g (3.54%), Vitamin B1: 0.05mg (3.38%), Vitamin B2: 0.06mg (3.36%), Folate: 12.22µg (3.06%), Vitamin E: 0.36mg (2.39%), Zinc: 0.32mg (2.12%), Potassium: 68.07mg (1.94%), Vitamin B3: 0.37mg (1.85%), Calcium: 15.71mg (1.57%), Vitamin B5: 0.14mg (1.35%), Vitamin B6: 0.02mg (1.14%), Vitamin B12: 0.07µg (1.09%)