



Chocolate-Hazelnut Biscotti

 Dairy Free

READY IN



100 min.

SERVINGS



36

CALORIES



129 kcal

DESSERT

Ingredients

- 1 cup sugar
- 0.5 cup butter softened
- 2 teaspoons vanilla
- 3 eggs
- 2.7 cups flour all-purpose
- 0.3 cup dutch-processed cocoa powder unsweetened
- 2 teaspoons double-acting baking powder
- 0.8 cup hazelnuts toasted chopped (filberts)

- 0.5 cup semisweet chocolate chips miniature
- 2 oz candy coating disks chopped

Equipment

- bowl
- baking sheet
- oven
- wire rack
- microwave
- serrated knife

Directions

- Heat oven to 350°F. Lightly grease cookie sheet. In large bowl, combine sugar and butter; beat until light and fluffy.
- Add vanilla and eggs; blend well.
- Add flour, cocoa and baking powder; mix well. Stir in toasted hazelnuts and chocolate chips.
- Divide dough in half; shape each into 10-inch log.
- Place logs 5 inches apart on greased cookie sheet; flatten each until 3 inches wide.
- Bake at 350°F. for 20 to 25 minutes or until firm when touched in center. Cool on cookie sheet for 10 minutes. With serrated knife, cut diagonally into 1/2-inch slices. Arrange slices, cut side down, on same cookie sheet.
- Return to oven; bake 10 minutes. Turn slices over; bake an additional 5 to 10 minutes or until cut sides are lightly browned and crisp.
- Remove from cookie sheet; place on wire rack. Cool 10 minutes or until completely cooled.
- Place candy coating in small microwave-safe bowl. Microwave on HIGH for 45 seconds, stirring once, or until melted and smooth. If necessary, microwave an additional 20 seconds.
- Drizzle over biscotti.

Nutrition Facts



■ PROTEIN 6.55% ■ FAT 43.41% ■ CARBS 50.04%

Properties

Glycemic Index:7, Glycemic Load:9.07, Inflammation Score:-2, Nutrition Score:3.4947825832211%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 128.84kcal (6.44%), Fat: 6.31g (9.7%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.38g (5.59%), Sugar: 8.06g (8.96%), Cholesterol: 13.84mg (4.61%), Sodium: 59.66mg (2.59%), Alcohol: 0.08g (100%), Alcohol %: 0.32% (100%), Caffeine: 4.2mg (1.4%), Protein: 2.14g (4.28%), Manganese: 0.29mg (14.29%), Selenium: 4.72µg (6.74%), Copper: 0.12mg (6.16%), Vitamin B1: 0.09mg (6.14%), Folate: 21.72µg (5.43%), Iron: 0.93mg (5.16%), Phosphorus: 43.04mg (4.3%), Vitamin B2: 0.07mg (4.17%), Fiber: 0.98g (3.91%), Magnesium: 15.5mg (3.87%), Vitamin E: 0.54mg (3.58%), Vitamin B3: 0.64mg (3.18%), Vitamin A: 134.72IU (2.69%), Calcium: 23.18mg (2.32%), Zinc: 0.3mg (2.01%), Potassium: 61.49mg (1.76%), Vitamin B5: 0.13mg (1.34%), Vitamin B6: 0.03mg (1.33%)