



Chocolate-Hazelnut Biscotti

READY IN



45 min.

SERVINGS



60

CALORIES



84 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 lb butter at room temperature
- 3 large eggs
- 3 cups flour all-purpose
- 1 cup hazelnuts toasted chopped (see notes)
- 1 tablespoon orange zest grated
- 8 oz semi chocolate chips
- 0.8 cup sugar
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- hand mixer

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and sugar until smooth. Beat in eggs, orange peel, and vanilla until well blended, scraping down sides of bowl as needed.
- In another bowl, mix flour and baking powder. Stir or beat into butter mixture until well blended. Stir in hazelnuts.
- Spoon 1 cup dough in dollops down the length of a buttered or cooking parchment-lined 12-by 15-inch baking sheet, 1 inch from edge. Spoon another 1 cup dough down the length of the other side of the sheet. With floured fingers, pat each strip of dough into a flat 13-inch loaf, about 1/2 inch thick and 2 inches wide. Repeat with remaining dough (dough can stand while first loaves bake).
- Bake loaves in a 350 oven until golden, 15 to 20 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- With a sharp knife, cut loaves crosswise into 3/4-inch-thick slices. Separate slices slightly and tip each onto a cut side.
- Return to oven and bake until cookies are slightly darker and firm and dry to the touch, 15 to 20 minutes longer. Gently slide biscotti onto racks to cool completely.
- In a bowl set over a pan of barely simmering water (bottom of bowl should not touch water), stir chocolate chips often until melted and smooth, about 5 minutes.
- Spread chocolate on one side of each biscotti.
- Place cookies in a single layer, chocolate side up, on baking sheets, and chill until chocolate is firm, about 20 minutes.

Nutrition Facts



■ PROTEIN 7.08% ■ FAT 47.52% ■ CARBS 45.4%

Properties

Glycemic Index:5.03, Glycemic Load:5.27, Inflammation Score:-1, Nutrition Score:2.5408695430859%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 84.34kcal (4.22%), Fat: 4.5g (6.93%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.01g (3.28%), Sugar: 4.01g (4.45%), Cholesterol: 13.59mg (4.53%), Sodium: 37.44mg (1.63%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Caffeine: 3.25mg (1.08%), Protein: 1.51g (3.02%), Manganese: 0.22mg (10.86%), Selenium: 3.29µg (4.7%), Copper: 0.09mg (4.64%), Vitamin B1: 0.06mg (4.29%), Iron: 0.69mg (3.84%), Folate: 14.96µg (3.74%), Phosphorus: 32.19mg (3.22%), Magnesium: 11.71mg (2.93%), Vitamin B2: 0.05mg (2.8%), Fiber: 0.68g (2.7%), Vitamin E: 0.4mg (2.64%), Vitamin B3: 0.44mg (2.2%), Calcium: 19.36mg (1.94%), Zinc: 0.23mg (1.52%), Potassium: 46.02mg (1.31%), Vitamin A: 63.44IU (1.27%)