



Chocolate-Orange Biscotti

READY IN



45 min.

SERVINGS



36

CALORIES



117 kcal

DESSERT

Ingredients

- 2 cups flour
- 1.5 teaspoons double-acting baking powder
- 6 ounces bittersweet chocolate unsweetened chopped (not)
- 2 large eggs
- 2 tablespoons orange liqueur
- 1 tablespoon orange zest grated
- 1 cup pecans lightly toasted coarsely chopped
- 0.3 teaspoon salt
- 0.8 cup sugar

- 0.5 cup butter unsalted room temperature (1 stick)

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- cutting board
- serrated knife

Directions

- Line large baking sheet with parchment paper.
- Whisk flour, baking powder, and salt in medium bowl to blend. Using electric mixer, beat sugar and butter in large bowl to blend. Beat in eggs 1 at a time, then Grand Marnier and orange peel.
- Add flour mixture and beat until blended. Stir in pecans and chocolate. Gather dough together; divide in half. Wrap in plastic and freeze 20 minutes to firm.
- Position rack in center of oven; preheat to 350°F. Using floured hands, form each dough piece into 14-inch-long, 2 1/2-inch-wide log.
- Transfer logs to prepared baking sheet, spacing 2 inches apart.
- Bake until light golden, about 30 minutes.
- Transfer parchment with logs to rack. Cool 20 minutes. Reduce oven temperature to 300°F.
- Place 1 log on cutting board. Using serrated knife, cut log on diagonal into 1/2-inch-thick slices. Stand slices upright on baking sheet. Repeat with remaining log.
- Bake biscotti until dry to touch and pale golden, about 30 minutes. Cool completely on rack. (Can be made 1 week ahead. Store in airtight container.)

Nutrition Facts



■ PROTEIN 5.58% ■ FAT 51.26% ■ CARBS 43.16%

Properties

Glycemic Index:6.86, Glycemic Load:6.8, Inflammation Score:-2, Nutrition Score:2.8030435157859%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 117.07kcal (5.85%), Fat: 6.7g (10.3%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 11.84g (4.31%), Sugar: 6.3g (7%), Cholesterol: 17.4mg (5.8%), Sodium: 38.83mg (1.69%), Alcohol: 0.22g (100%), Alcohol %: 1.07% (100%), Caffeine: 4.28mg (1.43%), Protein: 1.64g (3.28%), Manganese: 0.23mg (11.75%), Selenium: 3.77µg (5.38%), Copper: 0.11mg (5.26%), Vitamin B1: 0.08mg (5.05%), Iron: 0.76mg (4.23%), Phosphorus: 37.4mg (3.74%), Folate: 14.76µg (3.69%), Magnesium: 13.67mg (3.42%), Fiber: 0.85g (3.39%), Vitamin B2: 0.05mg (3.24%), Vitamin B3: 0.49mg (2.44%), Zinc: 0.34mg (2.25%), Vitamin A: 98.39IU (1.97%), Calcium: 18.33mg (1.83%), Potassium: 50.81mg (1.45%), Vitamin E: 0.17mg (1.16%), Vitamin B5: 0.12mg (1.15%)