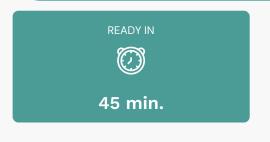


# **Chocolate-Orange Biscotti**







DESSERT

## **Ingredients**

0.8 cup sugar

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

Ш	0.5 cup butter unsaited room temperature (1 stick)	
Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	whisk	
	hand mixer	
	cutting board	
	serrated knife	
Di	rections	
	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 pee	
	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**

### **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, Catechin: 0.2mg, Catechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.06mg, Epigallocatec

### 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%)