



Chocolate-Peanut Butter Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



151 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 0.3 cup cocoa
- 0.3 cup creamy peanut butter
- 1.5 tablespoons creamy peanut butter
- 2 large eggs
- 1.5 cups flour all-purpose
- 0.5 cup peanuts (with cocktail peanuts) finely chopped
- 0.3 teaspoon salt

- 1.5 cups semisweet chocolate mini-morsels divided
- 1.5 tablespoons shortening
- 0.8 cup sugar

Equipment

- baking sheet
- sauce pan
- oven
- wire rack
- hand mixer
- wax paper
- serrated knife

Directions

- Beat 1/3 cup peanut butter and sugar at medium speed with an electric mixer until creamy.
- Add eggs, beating until blended.
- Stir together flour, cocoa, baking soda, and salt; add to peanut butter mixture, beating at low speed until blended. Turn dough out onto a lightly floured surface; knead in peanuts and 1/2 cup chocolate mini-morsels.
- Shape dough into a 13" x 3" log on a lightly greased baking sheet.
- Bake at 325 for 40 minutes or until firm.
- Remove to a wire rack to cool (about 20 minutes).
- Cut log diagonally into 1/2"-thick slices with a serrated knife, using a gentle sawing motion; place slices on ungreased baking sheets.
- Bake at 325 for 7 minutes; turn cookies over, and bake 7 more minutes.
- Remove to wire racks to cool.
- Combine remaining 1 cup chocolate mini-morsels, 1 1/2 tablespoons peanut butter, and shortening in a small saucepan. Cook over low heat until chocolate and peanut butter melt. Dip one end of each biscotti in chocolate mixture.
- Place biscotti on wax paper until chocolate hardens.

Nutrition Facts

PROTEIN 8.91% FAT 46.89% CARBS 44.2%

Properties

Glycemic Index:6.69, Glycemic Load:7.56, Inflammation Score:-2, Nutrition Score:4.5800000066343%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 151.1kcal (7.55%), Fat: 8.14g (12.52%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.52g (5.64%), Sugar: 9.25g (10.28%), Cholesterol: 13.85mg (4.62%), Sodium: 73.94mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.42mg (3.47%), Protein: 3.48g (6.96%), Manganese: 0.34mg (16.84%), Copper: 0.21mg (10.42%), Magnesium: 35.05mg (8.76%), Vitamin B3: 1.44mg (7.18%), Iron: 1.28mg (7.12%), Fiber: 1.75g (6.98%), Phosphorus: 69.63mg (6.96%), Selenium: 4.68µg (6.69%), Folate: 23.9µg (5.97%), Vitamin B1: 0.08mg (5.4%), Vitamin B2: 0.07mg (4.03%), Zinc: 0.57mg (3.78%), Potassium: 122.48mg (3.5%), Vitamin E: 0.5mg (3.32%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.04mg (2%), Calcium: 14.89mg (1.49%), Vitamin K: 1.11µg (1.06%)