



Chocolate-Pistachio-Cherry Biscotti

 Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



5876 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup cocoa powder
- ☐ 1 cup cherries dried coarsely chopped
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pistachios coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 12 ounces bittersweet chocolate dark melted
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

Equipment

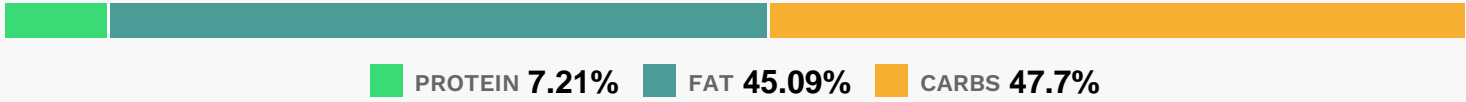
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Line 2 baking sheets with parchment paper.
- ☐ Beat butter and sugar at medium speed with an electric mixer until fluffy. Beat in eggs and vanilla.
- ☐ Combine flour and next 3 ingredients in a large mixing bowl.
- ☐ Add flour mixture to sugar mixture, beating until blended. Stir in pistachios and cherries.
- ☐ Place half of dough on each prepared baking sheet. Shape each half into a slightly rounded log about 10 x 3 inches using floured hands. (Dough will be very sticky.)
- ☐ Bake 25 to 30 minutes or until dough is firm to the touch.
- ☐ Let cool completely on baking sheet on a wire rack.
- ☐ Transfer logs to a cutting board, and cut into 1/2- to 3/4-inch-wide slices with a serrated knife.
- ☐ Place slices, cut sides down, on a baking sheet.

- ☐ Bake 4 minutes on each side or until crisp.
- ☐ Transfer to wire racks to cool completely.
- ☐ Dip ends of biscotti in dark chocolate, and drizzle with white chocolate, if desired.
- ☐ Place on wax paper to set.

Nutrition Facts



Properties

Glycemic Index:213.09, Glycemic Load:281.48, Inflammation Score:-10, Nutrition Score:77.270869628243%

Flavonoids

Cyanidin: 9.02mg, Cyanidin: 9.02mg, Cyanidin: 9.02mg, Cyanidin: 9.02mg Catechin: 32.26mg, Catechin: 32.26mg, Catechin: 32.26mg, Catechin: 32.26mg Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg Epicatechin: 85.49mg, Epicatechin: 85.49mg, Epicatechin: 85.49mg, Epicatechin: 85.49mg Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 5875.81kcal (293.79%), Fat: 301.46g (463.78%), Saturated Fat: 148.67g (929.22%), Carbohydrates: 717.61g (239.2%), Net Carbohydrates: 643.66g (234.06%), Sugar: 399.72g (444.13%), Cholesterol: 822.44mg (274.15%), Sodium: 3271.34mg (142.23%), Alcohol: 2.75g (100%), Alcohol %: 0.26% (100%), Caffeine: 391.47mg (130.49%), Protein: 108.43g (216.86%), Manganese: 9.41mg (470.49%), Copper: 7.96mg (398.15%), Fiber: 73.95g (295.8%), Iron: 48.63mg (270.17%), Magnesium: 1038.4mg (259.6%), Selenium: 176.48µg (252.12%), Phosphorus: 2397.55mg (239.75%), Vitamin B1: 3.24mg (216.1%), Vitamin A: 8629.94IU (172.6%), Folate: 607.9µg (151.97%), Vitamin B2: 2.47mg (145.4%), Vitamin B6: 2.63mg (131.39%), Potassium: 4361.07mg (124.6%), Zinc: 18.47mg (123.12%), Vitamin B3: 20.34mg (101.71%), Calcium: 656.54mg (65.65%), Vitamin E: 9.24mg (61.58%), Vitamin B5: 5.29mg (52.92%), Vitamin B12: 2.14µg (35.67%), Vitamin K: 34.71µg (33.06%), Vitamin D: 3µg (20%), Vitamin C: 6.89mg (8.35%)