



Cinnamon Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 3 large eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons ground cinnamon
- 2 tablespoons butter melted
- 0.3 teaspoon salt
- 0.8 cup sugar

- 2 tablespoons sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack

Directions

- Preheat oven to 32
- Combine first 5 ingredients in a large bowl; make a well in center of mixture.
- Combine eggs, margarine, and vanilla; stir with a whisk.
- Add to flour mixture, stirring just until moist.
- Turn dough out onto a lightly floured surface; knead lightly 10 times. Shape dough into a 16-inch-long roll.
- Place roll on a baking sheet coated with cooking spray; flatten to a 3/4-inch thickness.
- Combine 2 tablespoons sugar and 1/2 teaspoon cinnamon; sprinkle over dough.
- Bake at 325 for 30 minutes.
- Remove roll from baking sheet; let cool 10 minutes on a wire rack.
- Cut roll diagonally into 24 (1/2-inch) slices.
- Place, cut sides down, on a baking sheet.
- Bake at 325 for 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool).
- Remove from baking sheet; let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.22, Glycemic Load:12.32, Inflammation Score:-1, Nutrition Score:2.6256521442176%

Nutrients (% of daily need)

Calories: 94.14kcal (4.71%), Fat: 1.69g (2.59%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 17.02g (6.19%), Sugar: 7.34g (8.16%), Cholesterol: 23.25mg (7.75%), Sodium: 70.98mg (3.09%), Alcohol: 0.11g (100%), Alcohol %: 0.51% (100%), Protein: 2.15g (4.3%), Selenium: 6.38µg (9.12%), Vitamin B1: 0.1mg (6.99%), Folate: 26.79µg (6.7%), Manganese: 0.12mg (6.04%), Vitamin B2: 0.1mg (5.59%), Iron: 0.76mg (4.22%), Vitamin B3: 0.78mg (3.89%), Phosphorus: 32.31mg (3.23%), Calcium: 22.29mg (2.23%), Fiber: 0.44g (1.76%), Vitamin B5: 0.15mg (1.55%), Vitamin A: 75.97IU (1.52%), Copper: 0.02mg (1.23%), Zinc: 0.18mg (1.17%)