



Cinnamon Biscotti with Pistachios

 Vegetarian

READY IN



90 min.

SERVINGS



36

CALORIES



119 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup butter at room temperature
- 1 egg white beaten
- 2 eggs
- 2.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 cup cinnamon baking chips

- 1 cup pistachios shelled
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

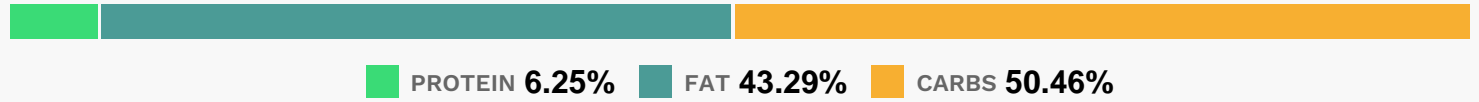
- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- serrated knife

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a large baking sheet with parchment paper.
- In a bowl, whisk together the flour, baking powder, salt, cinnamon, and cloves until well mixed. With an electric mixer on medium speed, beat the butter and sugar together in a separate large bowl until light and fluffy; beat in the eggs, one at a time.
- Mix in the vanilla extract. Stir in the flour mixture just until incorporated, and mix in the cinnamon chips and pistachio nuts.
- Divide the dough in half. With floured hands, shape each half into a log about 9 inches long, and place on the prepared baking sheet.
- Brush the logs with beaten egg white.
- Bake in the preheated oven until the logs are golden brown, 30 to 35 minutes.
- Remove from oven and let cool until easy to handle. Reduce oven heat to 325 degrees F (165 degrees C).
- Remove parchment paper from baking sheet.

- Using a serrated knife with a light sawing motion, cut the logs apart into 1/2-inch thick biscotti.
- Place the biscotti onto the baking sheet, and return to oven.
- Bake in the oven until the biscotti are lightly toasted, about 10 minutes; remove from oven, turn the biscotti over, and toast the other sides for an additional 10 minutes. Allow to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.61, Glycemic Load:8.34, Inflammation Score:-1, Nutrition Score:2.4886956480534%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 119.48kcal (5.97%), Fat: 5.94g (9.14%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.64g (5.32%), Sugar: 5.86g (6.51%), Cholesterol: 15.87mg (5.29%), Sodium: 75.39mg (3.28%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 1.93g (3.86%), Vitamin B1: 0.09mg (6.15%), Manganese: 0.11mg (5.68%), Selenium: 3.87µg (5.53%), Iron: 0.81mg (4.49%), Folate: 17.32µg (4.33%), Fiber: 0.93g (3.73%), Vitamin B2: 0.06mg (3.6%), Phosphorus: 34.61mg (3.46%), Vitamin B6: 0.07mg (3.3%), Copper: 0.06mg (2.92%), Vitamin B3: 0.51mg (2.56%), Vitamin A: 106.35IU (2.13%), Calcium: 17.47mg (1.75%), Magnesium: 6.43mg (1.61%), Potassium: 49.57mg (1.42%), Vitamin E: 0.18mg (1.23%), Zinc: 0.17mg (1.11%)