



Citrus Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



26

CALORIES



103 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 2 large eggs
- 2.8 cups flour all-purpose
- 2 teaspoons juice of lemon fresh
- 1 tablespoon lemon rind fresh grated
- 1 tablespoon lime rind fresh grated

- 2 tablespoons orange juice concentrate frozen thawed
- 2 tablespoons orange rind fresh grated
- 0.3 teaspoon salt
- 1 cup sugar
- 2 teaspoons sugar
- 0.5 teaspoon vanilla extract

Equipment

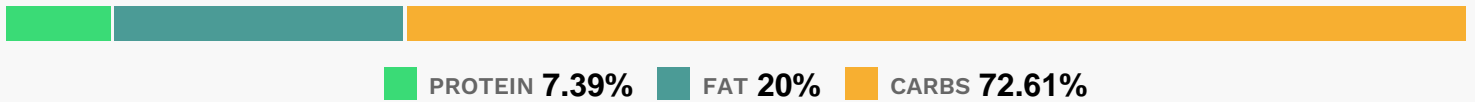
- baking sheet
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 32
- Beat butter with a mixer at medium speed until creamy.
- Add 1 cup sugar; beat well.
- Add eggs, 1 at a time, beating well after each addition. Beat in orange juice concentrate, citrus rinds, and vanilla.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt. Gradually add to butter mixture, beating well. Turn dough out onto a lightly floured surface; knead 5 or 6 times. Divide dough in half; shape each half into a 9-inch-long roll.
- Place rolls, 4 to 5 inches apart, on a baking sheet coated with cooking spray; flatten each roll to 1-inch thickness.
- Brush dough with lemon juice; sprinkle evenly with 2 teaspoons sugar.
- Bake at 325 for 29 minutes.

- Place rolls on a wire rack; cool slightly. While rolls cool, wash any caramelized sugar from baking sheet, and dry thoroughly.
- Cut rolls diagonally into 1/2-inch slices. Stand slices upright on baking sheet.
- Bake at 325 for 17 minutes.
- Remove cookies from baking sheet, and cool completely on wire rack.
- Biscotti (bee-SKAWT-tee) are so named because they are "twice-baked." These firm, crunchy cookies are perfect for dunking in dessert wine or coffee.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:12.95, Inflammation Score:-1, Nutrition Score:2.6086956761453%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 102.81kcal (5.14%), Fat: 2.3g (3.53%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 18.31g (6.66%), Sugar: 8.41g (9.34%), Cholesterol: 19mg (6.33%), Sodium: 87.83mg (3.82%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.91g (3.82%), Selenium: 5.75µg (8.21%), Vitamin B1: 0.11mg (7.29%), Folate: 27.21µg (6.8%), Vitamin B2: 0.09mg (5.17%), Manganese: 0.09mg (4.62%), Vitamin B3: 0.8mg (4.01%), Iron: 0.72mg (4.01%), Vitamin C: 2.79mg (3.38%), Phosphorus: 28.37mg (2.84%), Calcium: 19.91mg (1.99%), Fiber: 0.45g (1.8%), Vitamin A: 81.82IU (1.64%), Vitamin B5: 0.13mg (1.3%), Copper: 0.02mg (1.2%), Magnesium: 4.06mg (1.01%)