



Coffee-Hazelnut Biscotti

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



38 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 large eggs
- 2 large egg whites
- 1.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 2 teaspoons ground coffee beans
- 0.5 cup hazelnuts divided toasted coarsely chopped

- 1 teaspoon espresso grounds instant
- 0.1 teaspoon salt
- 2 tablespoons cocoa unsweetened
- 1 teaspoon vegetable oil
- 0.5 cup flour whole wheat
- 2 tablespoons frangelico (hazelnut-flavored liqueur)

Equipment

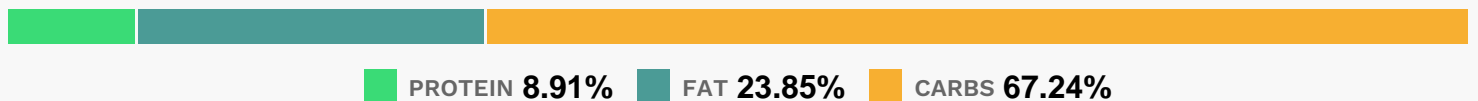
- food processor
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- microwave
- measuring cup

Directions

- Preheat oven to 30
- Place liqueur in a small bowl. Microwave at HIGH 10 seconds. Stir in cocoa and espresso until smooth.
- Add oil, egg whites, and egg, stirring with a whisk until blended.
- Lightly spoon flours into dry measuring cups; level with a knife.
- Place flours, sugars, 2 tablespoons hazelnuts, baking soda, and salt in a food processor; process until nuts are ground.
- Add ground coffee; pulse 2 times or until blended. With processor on, slowly add liqueur mixture through food chute; process until dough forms a ball.

- Add remaining 6 tablespoons hazelnuts; pulse 5 times or until blended (dough will be sticky). Turn dough out onto a floured surface, and knead lightly 4 or 5 times. Divide into 3 equal portions, shaping each portion into a 10-inch-long roll.
- Place rolls 3 inches apart on a large baking sheet coated with cooking spray.
- Bake at 300 for 28 minutes.
- Remove rolls from pan; cool 10 minutes on a wire rack.
- Cut each roll diagonally into 20 (1/2-inch) slices.
- Place slices, cut sides down, on baking sheets.
- Bake at 300 for 20 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be soft in center but will harden as they cool).
- Remove cookies from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:1.334347838293%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 38.13kcal (1.91%), Fat: 1.05g (1.61%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.27g (2.28%), Sugar: 3.52g (3.92%), Cholesterol: 3.1mg (1.03%), Sodium: 26.74mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Manganese: 0.15mg (7.51%), Selenium: 2.13µg (3.04%), Vitamin B1: 0.04mg (2.39%), Copper: 0.04mg (1.96%), Folate: 7.54µg (1.88%), Iron: 0.28mg (1.56%), Vitamin B2: 0.03mg (1.54%), Fiber: 0.37g (1.49%), Vitamin E: 0.22mg (1.49%), Magnesium: 5.43mg (1.36%), Phosphorus: 13.6mg (1.36%), Vitamin B3: 0.25mg (1.25%)