



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
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ measuring cup

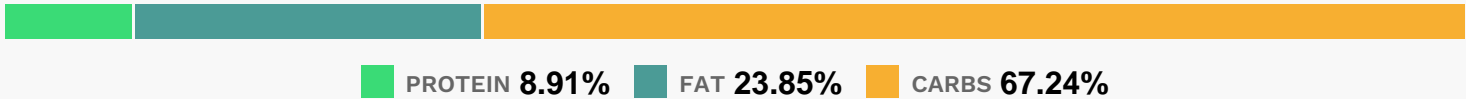
Directions

- ☐ 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 hazelnuts 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 6 tablespoons hazelnuts; pulse 5 times or until blended (dough will be sticky). Turn dough out onto a floured surface; knead lightly 4 to 5 times. Divide dough 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 baking sheet; 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 slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheets; cool completely on wire racks.
- ☐ Note: To toast hazelnuts, place on a baking sheet and bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- ☐ Roll up towel and rub off skins. Chop nuts.

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%), Vitamin E: 0.22mg (1.49%), Fiber: 0.37g (1.49%), Phosphorus: 13.6mg (1.36%), Magnesium: 5.43mg (1.36%), Vitamin B3: 0.25mg (1.25%)