



Cranberry Almond Biscotti



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup sweetened-dried cranberries
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 tablespoon vanilla extract

☐ 1 cup sugar white

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325 degrees F (170 degrees C).
- ☐ Combine dry ingredients in a medium sized mixing bowl.
- ☐ Whisk together eggs, egg whites, and vanilla or almond extract in a separate mixing bowl.
- ☐ Add egg mixture to dry ingredients, mixing just until moist, using an electric mixer on medium speed.
- ☐ Add dried cranberries and almonds; mix thoroughly.
- ☐ On floured surface, divide batter in half and pat each half into a log approximately 14 inches long and 1 1/2 inches thick.
- ☐ Place on a cookie sheet and bake 30 minutes or until firm. Cool on a wire rack about 10 minutes, or until cool enough to handle.
- ☐ Cut biscotti on the diagonal into 1/2-inch slices. Reduce oven temperature to 300 degrees F (150 degrees C).
- ☐ Place cut biscotti upright on a cookie sheet, spacing them about an inch apart, and bake for an additional 20 minutes.
- ☐ Let cool and store in a loosely covered container.

Nutrition Facts



Properties

Glycemic Index:8.24, Glycemic Load:9.88, Inflammation Score:-1, Nutrition Score:2.5391304315594%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 92.11kcal (4.61%), Fat: 1.59g (2.44%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 17.01g (6.19%), Sugar: 9.79g (10.88%), Cholesterol: 10.91mg (3.64%), Sodium: 40.38mg (1.76%), Alcohol: 0.15g (100%), Alcohol %: 0.68% (100%), Protein: 2.05g (4.1%), Selenium: 4.64µg (6.63%), Manganese: 0.13mg (6.48%), Vitamin B2: 0.1mg (5.74%), Vitamin B1: 0.08mg (5.34%), Folate: 19.63µg (4.91%), Vitamin E: 0.71mg (4.73%), Iron: 0.61mg (3.38%), Vitamin B3: 0.67mg (3.33%), Phosphorus: 30.57mg (3.06%), Fiber: 0.75g (3.02%), Magnesium: 9.09mg (2.27%), Copper: 0.04mg (2.15%), Calcium: 17.69mg (1.77%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.11mg (1.1%), Potassium: 36.98mg (1.06%)