



Cranberry and Pistachio Biscotti Dipped in White Chocolate

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup cranberries dried
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup pistachios
- ☐ 0.1 tsp salt
- ☐ 6 tablespoons sugar

- ☐ 1 tablespoon vegetable oil
- ☐ 4 ounces chocolate white

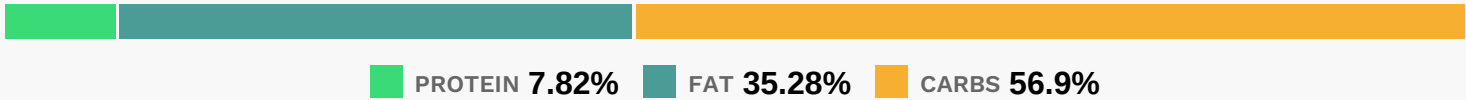
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ double boiler

Directions

- ☐ Mix the flour, baking powder and salt in a bowl.
- ☐ Slowly mix the sugar into the eggs and oil in another bowl.
- ☐ Slowly mix the dry and wet ingredients until they come together.
- ☐ Mix in the cranberries and pistachios.
- ☐ Form the dough into a rough oval about 8 inches by 3 inches on parchment paper. Note: The dough will be very sticky but you will be able to shape it.
- ☐ Bake in a preheated 350F oven for 30 minutes.
- ☐ Cut it into 1/4-1/2 inch slices.
- ☐ Bake in the oven for 10 minutes per side at 325F.
- ☐ Melt the white chocolate in a double boiler.1
- ☐ Dip the biscotti into the white chocolate and set aside to cool.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:13.96, Inflammation Score:-1, Nutrition Score:3.4921739146761%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 154.72kcal (7.74%), Fat: 6.18g (9.5%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.72g (7.9%), Sugar: 13.65g (15.16%), Cholesterol: 29.26mg (9.75%), Sodium: 61.23mg (2.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 6.44µg (9.2%), Vitamin B1: 0.11mg (7.55%), Vitamin B2: 0.12mg (6.92%), Folate: 24.48µg (6.12%), Phosphorus: 58.81mg (5.88%), Manganese: 0.11mg (5.58%), Iron: 0.77mg (4.26%), Calcium: 37.26mg (3.73%), Vitamin B3: 0.74mg (3.69%), Vitamin B6: 0.07mg (3.34%), Copper: 0.06mg (3.07%), Vitamin K: 3.19µg (3.04%), Fiber: 0.7g (2.79%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.23mg (2.34%), Potassium: 75.95mg (2.17%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.12µg (1.97%), Magnesium: 7.55mg (1.89%), Vitamin A: 53.07IU (1.06%)