



Cranberry-Orange Biscotti

 Vegetarian  Dairy Free

READY IN



175 min.

SERVINGS



40

CALORIES



57 kcal

DESSERT

Ingredients

- 0.7 cup sugar
- 0.5 cup vegetable oil
- 1 tablespoon orange zest grated
- 1.5 teaspoons vanilla
- 2 eggs
- 2.5 cups flour all-purpose
- 0.8 cup cranberries dried coarsely chopped
- 1 teaspoon double-acting baking powder

- 0.3 teaspoon baking soda
- 0.3 teaspoon salt

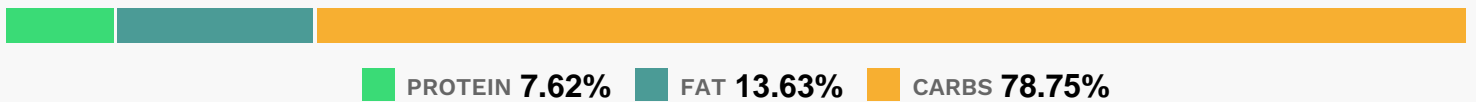
Equipment

- bowl
- baking sheet
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350°F. In large bowl, stir together sugar, oil, orange peel, vanilla and eggs. Stir in remaining ingredients.
- Place dough on lightly floured surface. Knead until smooth. On ungreased cookie sheet, shape half of dough at a time into 10x3-inch rectangle.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool on cookie sheet 15 minutes.
- Cut rectangle crosswise into 1/2-inch slices. Turn slices cut sides down on cookie sheet.
- Bake about 15 minutes longer, turning once, until crisp and light brown. Immediately remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:6.67, Inflammation Score:-1, Nutrition Score:1.4695652140223%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 56.87kcal (2.84%), Fat: 0.87g (1.33%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.92g (3.97%), Sugar: 5.02g (5.58%), Cholesterol: 8.18mg (2.73%), Sodium: 35.42mg (1.54%), Alcohol: 0.05g (100%), Alcohol %: 0.35% (100%), Protein: 1.09g (2.18%), Selenium: 3.36µg (4.8%), Vitamin B1: 0.06mg (4.18%), Folate: 15.38µg (3.84%), Manganese: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.95%), Vitamin B3: 0.48mg (2.39%), Iron: 0.42mg (2.36%), Phosphorus: 15.21mg (1.52%), Fiber: 0.35g (1.39%), Vitamin K: 1.21µg (1.15%)