



Cranberry Orange Biscotti

 Vegetarian

READY IN



60 min.

SERVINGS



48

CALORIES



106 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cups powdered sugar
- 0.8 cup cranberries dried finely chopped
- 4 eggs
- 2 cups flour sifted
- 0.3 cup orange juice fresh
- 0.5 tablespoon orange zest
- 8 ounces pecans chopped

- 0.8 teaspoon salt
- 1 cup sugar
- 0.3 cup butter unsalted softened
- 1 teaspoon vanilla extract pure
- 1.3 cup pastry flour whole wheat

Equipment

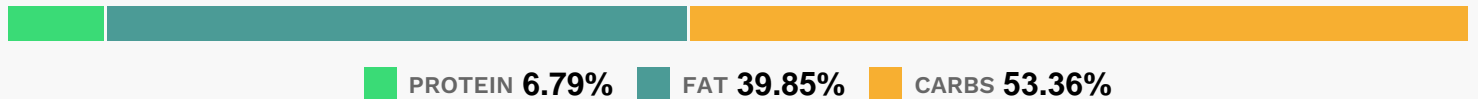
- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- serrated knife

Directions

- Preheat the oven to 350F degrees, and position the oven racks in the upper and lower thirds positions. Line two baking sheets with parchment paper. In the bowl of an electric mixer fitted with the paddle attachment, beat the butter with the sugar on medium speed until light.
- Add the eggs, one at a time, beating well after each addition and stopping to scrape down the sides of the bowl as necessary. Continue to beat the mixture for 2 minutes more. Beat in the orange zest and vanilla extract. In a medium bowl, whisk together the flour, baking powder, and salt.
- Add the dry ingredients to the wet ingredients and mix until just incorporated. On low speed, mix in the cranberries and the pecans.
- Transfer the dough to a very lightly floured work surface, and divide it into 3 equal pieces. Shape each piece into a 12-inch log, spacing two of the logs apart on one of the prepared baking sheets and the third log on the second sheet.
- Bake the logs for 15-18 minutes, until golden on top and lightly cracked.
- Transfer the positions of the baking sheets halfway through the baking process.

- Remove the sheets from the oven and allow to rest for 10 minutes. Reduce the oven temperature to 300F degrees.Using a serrated knife, cut each log on the diagonal into 3/4-inch slices.
- Lay the slices on their sides and return the baking sheets to the oven for 10–15 minutes, or until lightly golden.Prepare the glaze: In a medium bowl, whisk together the confectioners sugar, and enough orange juice to make a pourable glaze.
- Drizzle the glaze over the warm biscotti, then allow the biscotti to rest until the glaze has set.Makes 48 Cookies

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:5.9, Inflammation Score:-1, Nutrition Score:3.2108695652174%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Taste

Sweetness: 100%, Saltiness: 18.37%, Sourness: 6.65%, Bitterness: 3.14%, Savoriness: 10.52%, Fattiness: 63.77%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 106.07kcal (5.3%), Fat: 4.88g (7.5%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.65g (4.96%), Sugar: 7.71g (8.57%), Cholesterol: 16.18mg (5.39%), Sodium: 55.29mg (2.4%), Protein: 1.87g (3.74%), Manganese: 0.38mg (19.1%), Selenium: 5.06µg (7.23%), Vitamin B1: 0.09mg (6.05%), Fiber: 1.04g (4.15%), Copper: 0.08mg (4.11%), Phosphorus: 40.54mg (4.05%), Folate: 14.11µg (3.53%), Vitamin B2: 0.06mg (3.32%), Iron: 0.57mg (3.14%), Magnesium: 11.88mg (2.97%), Vitamin B3: 0.54mg (2.69%), Zinc: 0.38mg (2.56%), Vitamin B6: 0.03mg (1.63%), Calcium: 15.34mg (1.53%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.2mg (1.32%), Potassium: 45.55mg (1.3%), Vitamin A: 55.12IU (1.1%)