



Cranberry-Pistachio Biscotti

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



249 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 4 large eggs
- 2 cups flour all-purpose
- 1 cup pistachios coarsely chopped
- 0.3 teaspoon salt
- 1 cup sugar
- 15 servings sanding sugar
- 1 cup cranberries dried sweetened

- 1 teaspoon vanilla extract

Equipment

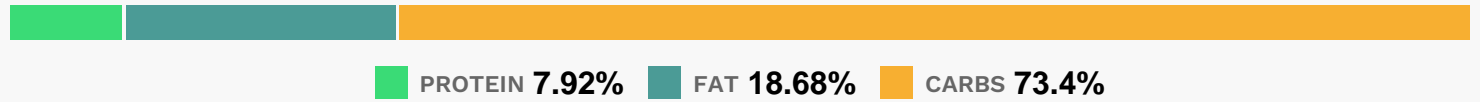
- bowl
- baking sheet
- oven
- mixing bowl
- wire rack
- hand mixer
- cutting board
- serrated knife

Directions

- Preheat oven to 350F. Line a large baking sheet with parchment.
- Combine flour, sugar, baking powder and salt in a large mixing bowl.
- Add 3eggs and vanilla and beat with an electric mixer on low speed until just combined, about 30seconds.
- Mix in cranberries and pistachios.
- Turn dough out onto a lightly floured work surface and divide in half. Shape each half into a flat log about 14inches long and 2 inches wide. (Dough will be sticky.)
- Place logs on prepared baking sheet several inches apart.
- In a small bowl, beat remaining egg and brush over dough.
- Sprinkle with sanding sugar, if desired.
- Bake logs until they are firm to the touch, about 35minutes.
- Place baking sheet on a wire rack and allow logs to cool completely.
- Lower oven to 325F.
- Transfer logs to a cutting board and use a serrated knife to carefully cut each into 18slices.
- Lay slices cut side down on baking sheet and return them to oven.
- Bake until cookies just begin to get crisp, about 8minutes.

Transfer cookies to wire racks and let cool completely.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:27.17, Inflammation Score:-2, Nutrition Score:5.7921738831893%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 249.08kcal (12.45%), Fat: 5.32g (8.19%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 47.06g (15.69%), Net Carbohydrates: 45.34g (16.49%), Sugar: 31.91g (35.45%), Cholesterol: 49.6mg (16.53%), Sodium: 72.92mg (3.17%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 5.08g (10.16%), Selenium: 10.52µg (15.03%), Vitamin B1: 0.21mg (13.91%), Manganese: 0.24mg (11.95%), Folate: 40.95µg (10.24%), Vitamin B2: 0.16mg (9.63%), Phosphorus: 88.16mg (8.82%), Vitamin B6: 0.17mg (8.63%), Iron: 1.39mg (7.71%), Copper: 0.15mg (7.36%), Fiber: 1.72g (6.89%), Vitamin B3: 1.15mg (5.73%), Magnesium: 15.58mg (3.9%), Potassium: 125.18mg (3.58%), Vitamin E: 0.51mg (3.39%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.48mg (3.2%), Calcium: 27.45mg (2.74%), Vitamin A: 106.03IU (2.12%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.27µg (1.78%)