



Cranberry Pistachio Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



35

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon anise seeds
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup cranberries dried
- ☐ 2 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 1 lemon zest grated
- ☐ 3 tablespoons butter light

- ☐ 0.3 cup pistachios shelled
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup slivered almonds
- ☐ 0.7 cup sugar
- ☐ 1 eggs whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Heat oven to 350°. Line a baking sheet with parchment paper.
- ☐ Combine flour, sugar, baking soda, baking powder and salt in the bowl of a stand mixer.
- ☐ Whisk with a fork to mix.
- ☐ Add eggs and butter and mix on medium until a loose dough forms, about 1 minute. Stir in cranberries, nuts, zest and anise seeds and mix until incorporated, about 15 seconds.
- ☐ Transfer dough to baking sheet. Spray hands with cooking spray and form dough into a long, flat log, about 14 inches long by 4 inches wide.
- ☐ Bake until outside of log is firm and browned, about 25 minutes.
- ☐ Remove from oven and cool 10 minutes. Slice loaf into 1/4-inch-thick slices. Arrange slices on 2 baking sheets, return to oven and bake until lightly toasted, about 12 minutes. Cool. Store in airtight container for up to 2 weeks.
- ☐ Self

Nutrition Facts



 **PROTEIN 9.47%**  **FAT 27.39%**  **CARBS 63.14%**

Properties

Glycemic Index:7.72, Glycemic Load:6.67, Inflammation Score:-1, Nutrition Score:2.1139130009257%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 70.88kcal (3.54%), Fat: 2.21g (3.41%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.84g (3.94%), Sugar: 5.26g (5.84%), Cholesterol: 5.95mg (1.98%), Sodium: 75.94mg (3.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Manganese: 0.11mg (5.37%), Selenium: 3.35µg (4.79%), Vitamin B1: 0.07mg (4.74%), Vitamin B2: 0.07mg (4.16%), Folate: 15.06µg (3.76%), Vitamin E: 0.5mg (3.3%), Iron: 0.55mg (3.06%), Phosphorus: 26.2mg (2.62%), Fiber: 0.64g (2.57%), Vitamin B3: 0.51mg (2.56%), Copper: 0.05mg (2.29%), Magnesium: 7.96mg (1.99%), Vitamin B6: 0.03mg (1.48%), Calcium: 12.76mg (1.28%), Potassium: 40.03mg (1.14%), Zinc: 0.16mg (1.04%)