



Cranberry Pistachio Biscotti



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



36

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup cranberries dried
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup olive oil light
- ☐ 1.5 cups pistachios
- ☐ 0.3 teaspoon salt

- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

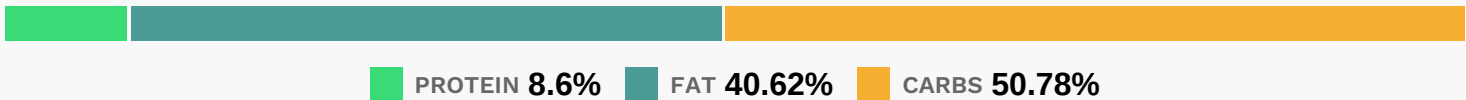
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C).
- ☐ In a large bowl, mix together oil and sugar until well blended.
- ☐ Mix in the vanilla and almond extracts, then beat in the eggs.
- ☐ Combine flour, salt, and baking powder; gradually stir into egg mixture.
- ☐ Mix in cranberries and nuts by hand.
- ☐ Divide dough in half. Form two logs (12x2 inches) on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily.
- ☐ Bake for 35 minutes in the preheated oven, or until logs are light brown.
- ☐ Remove from oven, and set aside to cool for 10 minutes. Reduce oven heat to 275 degrees F (135 degrees C).
- ☐ Cut logs on diagonal into 3/4 inch thick slices.
- ☐ Lay on sides on parchment covered cookie sheet.
- ☐ Bake approximately 8 to 10 minutes, or until dry; cool.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:6.45, Inflammation Score:-1, Nutrition Score:2.4704347926637%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 89.76kcal (4.49%), Fat: 4.15g (6.38%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 10.89g (3.96%), Sugar: 5.83g (6.48%), Cholesterol: 9.09mg (3.03%), Sodium: 31.75mg (1.38%), Alcohol: 0.1g (100%), Alcohol %: 0.57% (100%), Protein: 1.98g (3.96%), Vitamin B1: 0.09mg (6.23%), Manganese: 0.11mg (5.45%), Vitamin B6: 0.09mg (4.73%), Selenium: 3.2µg (4.58%), Copper: 0.08mg (3.94%), Phosphorus: 39.1mg (3.91%), Folate: 14.88µg (3.72%), Fiber: 0.78g (3.13%), Iron: 0.56mg (3.09%), Vitamin B2: 0.05mg (3%), Vitamin E: 0.4mg (2.66%), Vitamin B3: 0.44mg (2.19%), Magnesium: 7.96mg (1.99%), Potassium: 63.77mg (1.82%), Calcium: 14.44mg (1.44%), Zinc: 0.19mg (1.26%), Vitamin K: 1.06µg (1.01%)