



Dark Chocolate-Dipped Anise Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



22

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon aniseed
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter softened
- ☐ 3 ounces premium chocolate dark coarsely chopped
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

Equipment

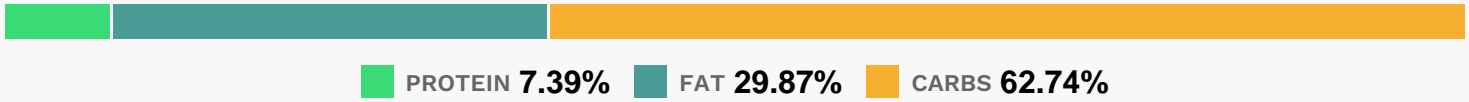
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, aniseed, baking soda, and salt, stirring well with a whisk.
- ☐ Place sugar and butter in a large bowl; beat at medium speed with a mixer until blended (about 2 minutes).
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Add flour mixture to sugar mixture, beating just until blended. Turn dough out onto a lightly floured surface, and knead lightly 7 times. Shape the dough into a 12-inch-long roll.
- ☐ Place roll on a baking sheet coated with cooking spray; pat to 1-inch thickness.
- ☐ Bake at 350 for 40 minutes.
- ☐ Remove roll from baking sheet; cool 10 minutes on a wire rack.
- ☐ Reduce oven temperature to 30
- ☐ Cut roll crosswise into 22 slices.
- ☐ Place, cut sides down, on baking sheet.

- ☐ Bake at 300 for 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Cool cookies completely on wire rack.
- ☐ Heat chocolate in a small heavy saucepan over low heat for 5 minutes or until melted; stir. Dip cookies, top sides down, in chocolate; allow excess chocolate to drip back into pan.
- ☐ Place cookies, chocolate sides up, on a baking sheet.
- ☐ Let stand 1 hour or until set.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:9.88, Inflammation Score:-1, Nutrition Score:2.5026086784251%

Nutrients (% of daily need)

Calories: 96.96kcal (4.85%), Fat: 3.23g (4.98%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.61g (5.31%), Sugar: 7.77g (8.64%), Cholesterol: 19.76mg (6.59%), Sodium: 66.97mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.09mg (1.03%), Protein: 1.8g (3.6%), Manganese: 0.14mg (6.92%), Selenium: 4.67µg (6.66%), Iron: 0.98mg (5.45%), Vitamin B1: 0.07mg (4.79%), Folate: 18.1µg (4.53%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 31.01mg (3.1%), Magnesium: 11.45mg (2.86%), Vitamin B3: 0.56mg (2.81%), Fiber: 0.67g (2.68%), Zinc: 0.25mg (1.69%), Potassium: 44.98mg (1.29%), Vitamin B5: 0.13mg (1.26%), Vitamin A: 58.14IU (1.16%)