



Dark Chocolate Walnut Biscotti

READY IN



45 min.

SERVINGS



36

CALORIES



108 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.5 cup cocoa powder dark
- 1 teaspoon baking soda
- 6 tablespoons butter unsalted softened
- 1 cup granulated sugar
- 2 cups eggs chopped
- 0.8 cup semi chocolate chips
- 1 tablespoon powdered sugar

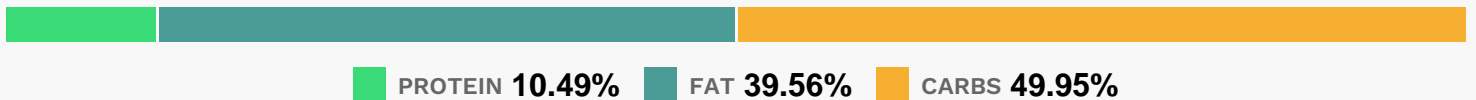
Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer
- cutting board

Directions

- In a bowl whisk together flour, cocoa powder, baking soda, and salt. In another bowl with an electric mixer beat together butter and granulated sugar until light and fluffy.
- Add eggs and beat until combined well. Stir in flour mixture to form a stiff dough. Fold in/mush in with hands the walnuts and chocolate chips.
- On prepared baking sheet with floured hands form dough into two slightly flattened logs, each 12 inches long and 2 inches wide, and sprinkle with confectioners' sugar. (I forgot)
- Bake logs 35 minutes, or until slightly firm to the touch.
- Cool biscotti on baking sheet 5 minutes. On a cutting board cut biscotti diagonally into 3/4-inch slices. Arrange biscotti, cut sides down, on baking sheet and bake for 10 minutes. Flip over the biscotti pieces and cook again for 10 minutes, until crispy. Cool biscotti on a rack.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:7.71, Inflammation Score:-2, Nutrition Score:3.3734782608696%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Taste

Sweetness: 100%, Saltiness: 57.36%, Sourness: 6.87%, Bitterness: 3.53%, Savoriness: 32.97%, Fattiness: 77.16%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 108kcal (5.4%), Fat: 4.86g (7.48%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.88g (4.68%), Sugar: 7.23g (8.03%), Cholesterol: 55.46mg (18.49%), Sodium: 50.65mg (2.2%), Caffeine: 5.97mg (1.99%), Protein: 2.9g (5.8%), Selenium: 7.04µg (10.06%), Manganese: 0.15mg (7.35%), Vitamin B2: 0.1mg (6.04%), Copper: 0.11mg (5.63%), Iron: 0.96mg (5.36%), Phosphorus: 53.31mg (5.33%), Folate: 19.51µg (4.88%), Vitamin B1: 0.06mg (4.14%), Magnesium: 15.75mg (3.94%), Fiber: 0.93g (3.72%), Zinc: 0.41mg (2.71%), Vitamin A: 133.09IU (2.66%), Vitamin B5: 0.25mg (2.54%), Vitamin B3: 0.48mg (2.39%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.31µg (2.03%), Potassium: 66.15mg (1.89%), Vitamin E: 0.22mg (1.49%), Vitamin B6: 0.03mg (1.44%), Calcium: 13.07mg (1.31%)