



Deep Dark Chocolate Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds unsalted
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.7 cup chocolate chips dark (such as Hershey's)
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 2 tablespoons flaxseeds
- ☐ 0.3 cup granulated sugar

- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 cups flour whole-wheat

Equipment

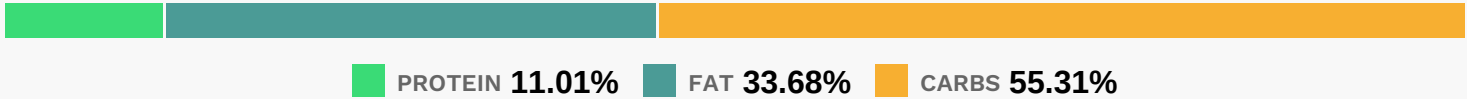
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, flaxseed, soda, and salt in a bowl, stirring with a whisk.
- ☐ Combine sugars, egg whites, and egg in a bowl; beat with a mixer at high speed for 2 minutes.
- ☐ Add vanilla; mix well.
- ☐ Add flour mixture to egg mixture; stir until combined. Fold in chocolate and almonds. Divide dough into 3 equal portions.
- ☐ Roll each portion into a 6-inch-long roll. Arrange rolls 3 inches apart on a baking sheet lined with parchment paper. Pat to a 1-inch thickness.
- ☐ Bake at 350 for 28 minutes or until firm.
- ☐ Remove rolls from baking sheet; cool 10 minutes on a wire rack.
- ☐ Cut rolls diagonally into 30 (1/2-inch) slices.

- ☐ Place, cut sides down, on baking sheet. Reduce oven temperature to 325; bake 7 minutes. Turn cookies over; bake 7 minutes (cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:3.74, Glycemic Load:1.59, Inflammation Score:-1, Nutrition Score:4.0091304629231%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 95.01kcal (4.75%), Fat: 3.69g (5.68%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12g (4.36%), Sugar: 6.2g (6.89%), Cholesterol: 6.24mg (2.08%), Sodium: 49.04mg (2.13%), Alcohol: 0.07g (100%), Alcohol %: 0.35% (100%), Protein: 2.72g (5.43%), Manganese: 0.43mg (21.6%), Selenium: 6.46µg (9.23%), Vitamin E: 1.05mg (7.03%), Fiber: 1.64g (6.55%), Magnesium: 25.35mg (6.34%), Phosphorus: 58.82mg (5.88%), Vitamin B2: 0.08mg (4.71%), Copper: 0.09mg (4.41%), Vitamin B1: 0.06mg (4.21%), Zinc: 0.51mg (3.42%), Iron: 0.56mg (3.11%), Vitamin B3: 0.6mg (2.98%), Calcium: 29.33mg (2.93%), Potassium: 95.47mg (2.73%), Vitamin B6: 0.05mg (2.49%), Folate: 7.41µg (1.85%), Vitamin B5: 0.13mg (1.35%)