



## Double-Chocolate Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



67 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 large egg whites
- 2 large eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup semisweet chocolate chips
- 1 cup sugar

- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- measuring cup

## Directions

- Preheat oven to 350.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (through salt) in a medium bowl, stirring with a whisk.
- Combine vanilla, eggs, and egg white in a large bowl, stirring with a whisk.
- Add flour mixture to egg mixture; stir until well blended. Divide dough in half. Turn dough out onto a baking sheet coated with cooking spray. With floured hands, shape each dough half into a 12-inch-long roll; pat to 1/2-inch thickness.
- Bake at 350 for 22 minutes.
- Remove rolls from baking sheet; cool 10 minutes on a wire rack.
- Cut each roll diagonally into 18 (1/2-inch) slices. Carefully stand slices upright on baking sheet.
- Bake biscotti an additional 15 minutes or until almost firm (biscotti will be slightly soft in center but will harden as they cool).
- Remove biscotti from baking sheet; cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:6.59, Glycemic Load:6.77, Inflammation Score:-1, Nutrition Score:2.0308695850165%

## 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

## Nutrients (% of daily need)

Calories: 66.89kcal (3.34%), Fat: 1.76g (2.7%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.13g (4.05%), Sugar: 6.82g (7.57%), Cholesterol: 10.53mg (3.51%), Sodium: 59.6mg (2.59%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Caffeine: 5.57mg (1.86%), Protein: 1.42g (2.85%), Manganese: 0.13mg (6.32%), Copper: 0.1mg (4.82%), Selenium: 3.28µg (4.69%), Iron: 0.67mg (3.74%), Fiber: 0.85g (3.38%), Magnesium: 13.35mg (3.34%), Phosphorus: 29.8mg (2.98%), Vitamin B1: 0.04mg (2.94%), Vitamin B2: 0.05mg (2.83%), Folate: 11.26µg (2.81%), Vitamin B3: 0.36mg (1.82%), Zinc: 0.24mg (1.61%), Potassium: 47.98mg (1.37%)