



Espresso Biscotti



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



63 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons hot-brewed coffee brewed
- ☐ 2 eggs
- ☐ 0.8 cup sugar
- ☐ 0.3 cup ground espresso

Equipment

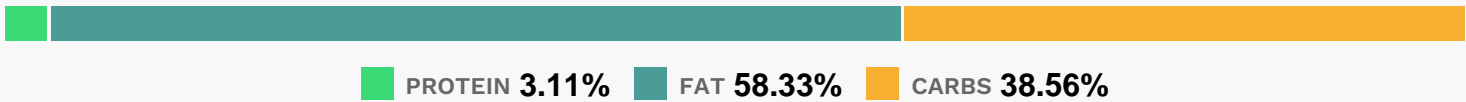
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Place espresso in a small microwave safe bowl.
- ☐ Add liqueur and microwave on HIGH (100%) for 10 to 15 seconds to steep; set aside.
- ☐ Beat butter and sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, one at a time, beating until blended; stir in coffee mixture.
- ☐ Combine flour, baking powder, and salt; add to butter mixture, stirring until blended. Fold in nuts. Divide dough in half.
- ☐ On a greased baking sheet, shape dough into two 13"x 1 1/2"x 1/2" rectangles, spacing them about 2 inches apart.
- ☐ Bake at 325 for 20 to 25 minutes or until golden.
- ☐ Remove to a wire rack; let cool 5 minutes.
- ☐ Place biscotti on a cutting board; using a serrated knife, cut biscotti diagonally into 1/2-inch-thick slices.
- ☐ Place slices upright on baking sheet 1/2" apart and bake 10 more minutes.
- ☐ Let cool on rack. Store in a tightly covered container.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:0.53391304450191%

Nutrients (% of daily need)

Calories: 63.23kcal (3.16%), Fat: 4.2g (6.47%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.25g (2.27%), Sugar: 6.25g (6.95%), Cholesterol: 23.81mg (7.94%), Sodium: 35.7mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin A: 137.98IU (2.76%), Selenium: 1.21µg (1.73%), Vitamin B2: 0.02mg (1.21%)