

Espresso Biscotti

READY IN



85 min.

SERVINGS



24

CALORIES



152 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup chocolate chips
- 0.5 cup apricot dried
- 0.5 cup cranberries dried
- 1 egg whites lightly beaten
- 3 eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon espresso powder instant
- 2 teaspoons orange zest grated

- 3.3 cups pastry flour
- 0.5 cup slivered almonds
- 0.3 cup butter unsalted
- 1 teaspoon vanilla extract
- 0.8 cup granulated sugar white

Equipment

- bowl
- baking sheet
- baking paper
- oven
- serrated knife

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet or line it with parchment paper.
- Cream together butter and sugar in a bowl until light and fluffy. Beat in eggs and vanilla.
- Sift together the flour, cinnamon, and baking powder in a separate bowl.
- Mix dry ingredients into the egg mixture. Stir in the espresso powder, orange zest, chocolate chips, dried apricots, dried cranberries and almonds.
- Shape dough into two equal logs approximately 12 inches long by 2 inches diameter.
- Place logs on baking sheet, and flatten out to about 1 inch thickness.
- Brush the log with egg wash.
- Bake in the preheated oven until edges are golden and the center is firm, about 35 to 40 minutes.
- Remove from oven to cool on the pans. When loaves are cool enough to handle, use a serrated knife to slice the loaves diagonally into 1/2 inch thick slices. Return the slices to the baking sheet.
- Reduce oven temperature to 325 degrees F (165 degrees C).

Bake until they start turning light brown, 15 to 20 minutes. Cool completely, and store in an airtight container at room temperature.

Nutrition Facts

PROTEIN 8.97% **FAT 28.77%** **CARBS 62.26%**

Properties

Glycemic Index:8.77, Glycemic Load:4.93, Inflammation Score:-3, Nutrition Score:6.0860869651255%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 151.95kcal (7.6%), Fat: 5.11g (7.86%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 22.45g (8.16%), Sugar: 11.88g (13.2%), Cholesterol: 25.54mg (8.51%), Sodium: 28.66mg (1.25%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 3.58g (7.16%), Manganese: 0.74mg (37.15%), Selenium: 12.22µg (17.46%), Fiber: 2.41g (9.66%), Phosphorus: 86.48mg (8.65%), Magnesium: 30.44mg (7.61%), Vitamin E: 0.98mg (6.51%), Vitamin B1: 0.09mg (5.97%), Copper: 0.11mg (5.32%), Vitamin B2: 0.09mg (5.19%), Vitamin B3: 0.99mg (4.96%), Iron: 0.88mg (4.89%), Vitamin B6: 0.08mg (4.2%), Zinc: 0.58mg (3.88%), Vitamin A: 188.83IU (3.78%), Potassium: 131.64mg (3.76%), Calcium: 30.74mg (3.07%), Folate: 11.17µg (2.79%), Vitamin B5: 0.22mg (2.18%)