



Cheddar Pecan Cocktail Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



72 kcal

DESSERT

Ingredients

- 1.8 cups flour all-purpose
- 0.5 cup cornmeal
- 1.3 teaspoons double-acting baking powder
- 0.3 teaspoon ground pepper
- 1.5 teaspoons coarse salt
- 4 ounces sharp cheddar cheese grated
- 1 cup pecans lightly toasted
- 3 eggs

- 2 tablespoons coarse mustard whole
- 2 tablespoons maple syrup
- 1 tablespoons milk

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack

Directions

- Preheat the oven to 350F.
- Line a baking sheet with parchment paper.
- In a large bowl whisk together flour, cornmeal, baking powder, cayenne pepper, and salt. Stir in the grated cheese and pecans.
- In another bowl, combine the eggs, mustard, honey, and 1 tablespoon of milk. Beat until thoroughly blended.
- Add the wet ingredients to the dry.
- Mix until the dough is too stiff to stir. Use your hands to bring it together in the bowl.
- Add the second tablespoon of milk if its too dry.
- Form the dough into two 3-inch-wide loaves.
- Place about 3 inches apart on the lined baking sheet. Smooth the loaves with damp hands.
- Bake for 25–30 minutes, until lightly golden. Cool for 20 minutes.
- Reduce the oven temperature to 300F.
- Cut the cooled loaves into 1/2-inch-thick slices.
- Place on baking sheet.

Bake for 10 minutes. Turn the cookies over. Return to oven and bake for another 10 minutes, or until golden brown.

Cool on a wire rack. Store in an airtight container.

Nutrition Facts

PROTEIN 12.94% **FAT 45.14%** **CARBS 41.92%**

Properties

Glycemic Index:11.42, Glycemic Load:4.67, Inflammation Score:-1, Nutrition Score:2.7217391304348%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 71.57kcal (3.58%), Fat: 3.63g (5.59%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.92g (2.51%), Sugar: 0.88g (0.98%), Cholesterol: 16.84mg (5.61%), Sodium: 147.06mg (6.39%), Protein: 2.34g (4.69%), Manganese: 0.21mg (10.51%), Selenium: 4.61µg (6.58%), Vitamin B1: 0.08mg (5.16%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 45.24mg (4.52%), Calcium: 37.78mg (3.78%), Folate: 14.93µg (3.73%), Iron: 0.52mg (2.88%), Zinc: 0.41mg (2.76%), Fiber: 0.68g (2.7%), Copper: 0.05mg (2.58%), Vitamin B3: 0.46mg (2.29%), Magnesium: 9.06mg (2.27%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.14mg (1.37%), Vitamin A: 59.95IU (1.2%), Vitamin B12: 0.07µg (1.14%), Potassium: 37.08mg (1.06%)