



Ginger Biscotti

READY IN



23 min.

SERVINGS



72

CALORIES



39 kcal

DESSERT

Ingredients

- 0.3 cup crystallized ginger
- 0.5 teaspoon ground ginger
- 0.5 teaspoon lemon extract
- 2 tablespoons lemon rind dried
- 2 tablespoons milk
- 0.8 cup cinnamon-flavored lightly grain oat cereal squares sweetened whole
- 10.8 ounce round cake frozen thawed
- 0.3 cup butter unsalted melted
- 0.8 cup chocolate morsels white

0.5 cup almonds whole

Equipment

food processor

bowl

baking sheet

oven

microwave

Directions

Place cake pieces in a food processor; process until coarsely crumbled.

Place crumbs in to a large bowl; set aside.

Place cereal, almonds, and crystallized ginger in food processor; pulse 1 minute or until finely chopped (mixture will resemble sand). Stir into cake crumbs.

Stir butter, ground ginger, and lemon extract into crumb mixture until moistened. Shape rounded tablespoonfuls of dough into crescent shapes; place on greased baking sheets.

Bake at 350 for 15 to 17 minutes or until lightly browned. Cool on baking sheets.

Microwave white chocolate morsels and milk at MEDIUM HIGH (70% power) 1 minute or until morsels melt; stir until smooth. Stir in lemon rind. Dip 1 end of each biscotti into chocolate mixture; place on wire racks until chocolate is firm.

*For testing purposes only, we used Quaker Oat Cinnamon Life cereal.

Nutrition Facts



PROTEIN 6.66% **FAT 46.97%** **CARBS 46.37%**

Properties

Glycemic Index:1.64, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.83826087156068%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 39.15kcal (1.96%), Fat: 2.08g (3.2%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.21g (3.57%), Cholesterol: 7.02mg (2.34%), Sodium: 29.93mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin E: 0.31mg (2.05%), Vitamin B2: 0.03mg (1.97%), Manganese: 0.04mg (1.82%), Phosphorus: 14.59mg (1.46%), Vitamin B1: 0.02mg (1.31%), Calcium: 11.2mg (1.12%), Iron: 0.19mg (1.07%)