

 Vegetarian  Dairy Free  Popular

READY IN

ready

65 min.

SERVINGS

servings

48

CALORIES

calories

69 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.8 tablespoon ground cinnamon
- ☐ 0.5 tablespoon ground cloves
- ☐ 1.5 tablespoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup sugar white
- ☐ 1 cup flour whole wheat

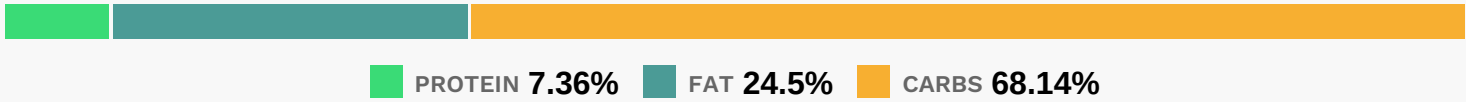
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease a cookie sheet.
- ☐ In a large bowl, mix together oil, sugar, eggs, and molasses. In another bowl, combine flours, baking powder, ginger, cinnamon, cloves, and nutmeg; mix into egg mixture to form a stiff dough.
- ☐ Divide dough in half, and shape each half into a roll the length of the cookie.
- ☐ Place rolls on cookie sheet, and pat down to flatten the dough to 1/2 inch thickness.
- ☐ Bake in preheated oven for 25 minutes.
- ☐ Remove from oven, and set aside to cool.
- ☐ When cool enough to touch, cut into 1/2 inch thick diagonal slices.
- ☐ Place sliced biscotti on cookie sheet, and bake an additional 5 to 7 minutes on each side, or until toasted and crispy.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:2.5247826152684%

Nutrients (% of daily need)

Calories: 69.47kcal (3.47%), Fat: 1.93g (2.97%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.54g (4.2%), Sugar: 5.52g (6.13%), Cholesterol: 10.23mg (3.41%), Sodium: 31.49mg (1.37%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Manganese: 0.28mg (14.06%), Selenium: 4.81µg (6.87%), Vitamin B1: 0.06mg (4.04%), Folate: 13.17µg (3.29%), Iron: 0.57mg (3.18%), Vitamin K: 2.99µg (2.84%), Vitamin B2: 0.05mg (2.76%), Phosphorus: 27.15mg (2.71%), Vitamin B3: 0.51mg (2.53%), Magnesium: 9.95mg (2.49%), Calcium: 23.44mg (2.34%), Fiber: 0.54g (2.15%), Copper: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.53%), Potassium: 48.17mg (1.38%), Vitamin E: 0.18mg (1.22%), Zinc: 0.16mg (1.04%)