



 **55%**
HEALTH SCORE

Gingerbread Biscotti

 Vegetarian

READY IN



66 min.

SERVINGS



1

CALORIES



3432 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup firmly brown sugar light packed
- 0.5 cup butter softened
- 2 large eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 0.5 teaspoon ground nutmeg
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 0.5 cup sugar

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- serrated knife

Directions

- Beat butter and sugars in a large bowl at medium speed with an electric mixer until light and fluffy.
- Add eggs, beating well; beat in molasses.
- Combine flour and next 7 ingredients; add to butter mixture, beating at low speed until blended. Stir in almonds.
- Divide dough in half; using floured hands, shape each portion into a 9" x 2" log on a lightly greased baking sheet.
- Bake at 350 for 28 minutes or until firm. Cool on baking sheet 5 minutes.
- Remove to a wire rack to cool 10 minutes. Reduce oven temperature to 300
- Cut each log diagonally into 3/4"-thick slices with a serrated knife, using a gentle sawing motion.
- Place slices on ungreased baking sheets.
- Bake 8 to 10 minutes; turn cookies over, and bake 8 to 10 more minutes. Cool completely on wire racks.

Nutrition Facts

PROTEIN 6.45% FAT 33.22% CARBS 60.33%

Properties

Glycemic Index:416.09, Glycemic Load:271.72, Inflammation Score:-10, Nutrition Score:65.68173902579%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 3431.69kcal (171.58%), Fat: 128.56g (197.78%), Saturated Fat: 64.08g (400.5%), Carbohydrates: 525.33g (175.11%), Net Carbohydrates: 509.27g (185.19%), Sugar: 273.16g (303.51%), Cholesterol: 616.03mg (205.34%), Sodium: 3043.81mg (132.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.17g (112.33%), Manganese: 6.25mg (312.68%), Selenium: 158.38µg (226.26%), Vitamin B1: 2.63mg (175.58%), Folate: 645.02µg (161.25%), Vitamin B2: 2.59mg (152.47%), Iron: 24.08mg (133.79%), Magnesium: 432.85mg (108.21%), Vitamin B3: 21.48mg (107.39%), Vitamin E: 15.74mg (104.91%), Phosphorus: 911.13mg (91.11%), Calcium: 782.73mg (78.27%), Copper: 1.5mg (74.95%), Vitamin A: 3385.44IU (67.71%), Potassium: 2272.89mg (64.94%), Fiber: 16.06g (64.23%), Vitamin B6: 1.01mg (50.45%), Vitamin B5: 4.09mg (40.89%), Zinc: 5.48mg (36.55%), Vitamin B12: 1.08µg (18.05%), Vitamin D: 2µg (13.33%), Vitamin K: 10.54µg (10.04%)