



HEALTH SCORE

67%

Gingerbread Biscotti



Vegetarian



Very Healthy

READY IN



22 min.

SERVINGS



1

CALORIES



5185 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup crystallized ginger chopped
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 8 ounces chocolate white melted
- ☐ 1 cup almonds whole

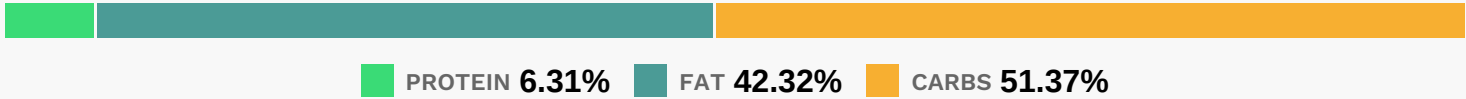
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper
- ☐ serrated knife

Directions

- ☐ Preheat oven to 37
- ☐ Beat butter with an electric mixer at medium speed until creamy. Gradually add sugars, beating well. Beat in eggs.
- ☐ Combine flour and next 5 ingredients; add to butter mixture, beating at low speed until blended. Stir in almonds and crystallized ginger.
- ☐ Divide dough in half. Using floured hands, shape each portion into a log 3 inches wide and 1 inch high.
- ☐ Place on a lightly greased cookie sheet.
- ☐ Bake 25 minutes. Cool 5 minutes on cookie sheet; remove to a wire rack, and set aside until cool to the touch. Reduce oven temperature to 32
- ☐ Cut each log crosswise into 1/2-inch slices with a serrated knife.
- ☐ Place slices on ungreased cookie sheets.
- ☐ Bake 7 minutes; turn cookies over, and bake 7 more minutes. Cool completely on wire racks.
- ☐ Dip ends of biscotti in melted white chocolate.
- ☐ Place biscotti on wax paper until chocolate hardens.

Nutrition Facts



Properties

Glycemic Index:372.09, Glycemic Load:303.87, Inflammation Score:-10, Nutrition Score:72.389565198318%

Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 5185.02kcal (259.25%), Fat: 248.66g (382.56%), Saturated Fat: 111.37g (696.05%), Carbohydrates: 679g (226.33%), Net Carbohydrates: 652.4g (237.23%), Sugar: 453.82g (504.24%), Cholesterol: 663.65mg (221.22%), Sodium: 2142.86mg (93.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.44g (166.88%), Manganese: 6.41mg (320.55%), Vitamin E: 42.71mg (284.73%), Vitamin B2: 4.02mg (236.75%), Selenium: 135.8µg (194%), Phosphorus: 1679.43mg (167.94%), Vitamin B1: 2.45mg (163.09%), Folate: 588.31µg (147.08%), Calcium: 1309.91mg (130.99%), Magnesium: 500.36mg (125.09%), Iron: 21.12mg (117.34%), Vitamin B3: 22.1mg (110.48%), Fiber: 26.6g (106.4%), Copper: 2.12mg (105.94%), Vitamin A: 3453.13IU (69.06%), Potassium: 2318.91mg (66.25%), Zinc: 9.45mg (62.99%), Vitamin B5: 4.97mg (49.67%), Vitamin B12: 2.35µg (39.22%), Vitamin B6: 0.67mg (33.45%), Vitamin K: 30.98µg (29.51%), Vitamin D: 2µg (13.33%), Vitamin C: 1.23mg (1.48%)