



Holiday Biscotti

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



257 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.7 cup cranberries dried
- 2 large eggs
- 2 cups flour all-purpose
- 1 teaspoon lemon zest grated
- 0.8 cup pistachios coarsely chopped
- 0.3 teaspoon salt
- 0.8 cup sugar

- 24 servings sugar crystals green red for garnish
- 0.5 cup butter unsalted room temperature (1 stick)
- 12 ounces chocolate white chopped

Equipment

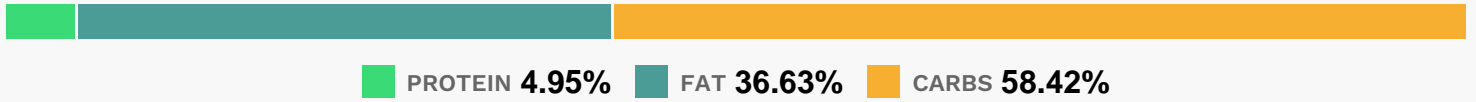
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- hand mixer
- aluminum foil
- ziploc bags
- cutting board
- serrated knife

Directions

- Preheat the oven to 350 degrees F. Line a heavy large baking sheet with parchment paper.
- Whisk the flour and baking powder in a medium bowl to blend. Using an electric mixer, beat the sugar, butter, lemon zest, and salt in a large bowl to blend. Beat in the eggs 1 at a time.
- Add the flour mixture and beat just until blended. Stir in the pistachios and cranberries.
- Form the dough into a 13-inch-long, 3-inch-wide log on the prepared baking sheet.
- Bake until light golden, about 40 minutes. Cool for 30 minutes.
- Place the log on the cutting board. Using a sharp serrated knife, cut the log on a diagonal into 1/2- to 3/4-inch-thick slices. Arrange the biscotti cut side down on the baking sheet.
- Bake the biscotti until they are pale golden, about 20 minutes.
- Transfer the biscotti to a rack and cool completely.

- Stir the chocolate in a bowl set over a saucepan of simmering water until the chocolate melts. Dip half of the biscotti into the melted chocolate. Gently shake off the excess chocolate.
- Place the biscotti on the baking sheet for the chocolate to set.
- Sprinkle with the sugar crystals. Refrigerate until the chocolate is firm, about 35 minutes.
- The biscotti can be made ahead. Store them in an airtight container up to 4 days, or wrap them in foil and freeze in re-sealable plastic bags up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:24.53, Inflammation Score:-2, Nutrition Score:3.9356521471687%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 256.59kcal (12.83%), Fat: 10.72g (16.5%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 37.58g (13.67%), Sugar: 29.37g (32.63%), Cholesterol: 28.64mg (9.55%), Sodium: 70.52mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin B1: 0.13mg (8.44%), Selenium: 5.9µg (8.42%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 70.17mg (7.02%), Manganese: 0.13mg (6.47%), Folate: 24.13µg (6.03%), Calcium: 52.58mg (5.26%), Iron: 0.79mg (4.4%), Vitamin B6: 0.09mg (4.33%), Copper: 0.08mg (4.04%), Vitamin B3: 0.79mg (3.97%), Fiber: 0.89g (3.57%), Vitamin A: 160.93IU (3.22%), Vitamin E: 0.46mg (3.03%), Potassium: 100.17mg (2.86%), Magnesium: 9.45mg (2.36%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.33mg (2.17%), Vitamin B12: 0.12µg (2.08%), Vitamin K: 1.92µg (1.83%), Vitamin D: 0.15µg (1.03%)