



## Honey, Anise and Almond Biscotti

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



66 kcal

DESSERT

### Ingredients

- 2 cups flour
- 2 teaspoons aniseed crushed
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs
- 0.5 cup honey
- 2 teaspoons lemon zest grated
- 0.5 teaspoon salt

- 6 ounces slivered almonds lightly toasted
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

## Equipment

- bowl
- baking sheet
- oven
- whisk
- spatula
- serrated knife

## Directions

- Whisk first 4 ingredients in medium bowl to blend.
- Whisk oil, sugar, honey, eggs, lemon peel, aniseed and vanilla in large bowl until smooth. Stir in flour mixture, then nuts. Cover and refrigerate dough until well chilled, about 3 hours.
- Preheat oven to 350°F. Butter and flour 2 large baking sheets. Spoon out dough in 3 equal strips (2 on one sheet, spaced well apart, and 1 on second sheet). Using well-floured hands, shape strips into 2-inch-wide by 1-inch-high logs.
- Bake logs until just springy to touch, switching and turning pans after 10 minutes, about 20 minutes total (logs will spread). Cool 15 minutes on sheets. Maintain oven temperature.
- Using large spatula, gently transfer logs to work surface. Using serrated knife, cut each log on diagonal into 5/8-inch-thick slices. Arrange slices, cut side down, on baking sheets.
- Bake until bottom side browns, about 7 minutes. Turn cookies over.
- Bake until bottom side browns, about 7 minutes longer.
- Transfer to racks and cool (cookies will crisp as they cool). (Can be made 2 weeks ahead. Store airtight at room temperature.)

## Nutrition Facts



■ PROTEIN 9.28% ■ FAT 32.95% ■ CARBS 57.77%

## Properties

Glycemic Index:6.34, Glycemic Load:5.9, Inflammation Score:-1, Nutrition Score:2.1639130659725%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 65.83kcal (3.29%), Fat: 2.49g (3.83%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.17g (5.74%), Cholesterol: 7.75mg (2.58%), Sodium: 47.74mg (2.08%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.58g (3.16%), Vitamin E: 0.97mg (6.46%), Manganese: 0.12mg (6.11%), Vitamin B2: 0.08mg (4.57%), Selenium: 2.6µg (3.71%), Vitamin B1: 0.05mg (3.29%), Folate: 12.16µg (3.04%), Phosphorus: 29.14mg (2.91%), Magnesium: 11.22mg (2.81%), Iron: 0.47mg (2.59%), Fiber: 0.61g (2.45%), Copper: 0.05mg (2.39%), Vitamin B3: 0.44mg (2.22%), Calcium: 17.28mg (1.73%), Zinc: 0.19mg (1.24%), Potassium: 37.78mg (1.08%)