



Honey Pistachio Biscotti



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



15

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 cup pistachios unsalted shelled
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups pastry flour whole-wheat

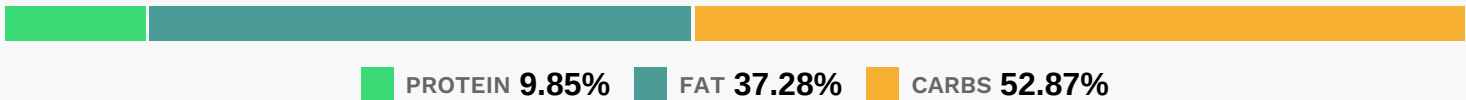
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ serrated knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a medium bowl, whisk together the all-purpose and whole-wheat flours, the baking powder and salt. In a large bowl beat together the sugar, honey, eggs, oil, zest, lemon juice and vanilla extract until well combined. In batches add the dry ingredients until the mixture forms a dough. Stir in the pistachios.
- ☐ Transfer the dough to a floured work surface and knead several times. Shape into a log about 10 inches long and 3 inches wide.
- ☐ Transfer to a parchment lined baking sheet and bake for 25 minutes.
- ☐ Transfer to a wire rack and let cool for 15 minutes. With a serrated knife, cut 1/2-inch diagonal slices. Arrange on the baking sheet and bake 10 minutes. Turn the cookies over and bake the biscotti until golden 5 to 10 minutes longer.
- ☐ Transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:11.71, Inflammation Score:-2, Nutrition Score:6.9013043590214%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 195.62kcal (9.78%), Fat: 8.37g (12.87%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 24.48g (8.9%), Sugar: 9.75g (10.83%), Cholesterol: 24.8mg (8.27%), Sodium: 130.58mg (5.68%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 4.97g (9.95%), Manganese: 0.58mg (29.25%), Selenium: 12.64µg (18.06%), Vitamin B1: 0.19mg (12.8%), Phosphorus: 107.6mg (10.76%), Fiber: 2.22g (8.88%), Copper: 0.17mg (8.43%), Folate: 31.05µg (7.76%), Iron: 1.37mg (7.63%), Vitamin B6: 0.15mg (7.49%), Vitamin B2: 0.12mg (7.09%), Magnesium: 26.01mg (6.5%), Vitamin B3: 1.23mg (6.17%), Vitamin E: 0.85mg (5.64%), Calcium: 41.56mg (4.16%), Zinc: 0.62mg (4.13%), Potassium: 142.83mg (4.08%), Vitamin K: 3.49µg (3.32%), Vitamin B5: 0.25mg (2.54%), Vitamin A: 58.26IU (1.17%)