



Lemon Biscotti with Sour Lemon Drizzle



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1 tablespoon lemon extract
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.7 cup powdered sugar
- ☐ 1 cup sugar

- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, and baking powder in a large bowl.
- ☐ Combine rind, 1 tablespoon lemon juice, extract, oil, and eggs, and add to flour mixture, stirring until well-blended (dough will be dry and crumbly). Turn dough out onto a lightly floured surface; knead lightly 7 to 8 times. Divide dough in half. Shape each portion into an 8-inch-long roll.
- ☐ Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten each roll to 1-inch thickness.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove the rolls from baking sheet; cool for 10 minutes on a wire rack.
- ☐ Cut each roll diagonally into 15 (1/2-inch) slices.
- ☐ Place the slices, cut sides down, on baking sheet. Reduce oven temperature to 325; bake for 10 minutes. Turn cookies over; bake an additional 10 minutes (the cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet, and cool completely on wire rack.
- ☐ Combine 1 tablespoon lemon juice and powdered sugar, and drizzle over the biscotti.

Nutrition Facts



 PROTEIN 8.1%  FAT 10.67%  CARBS 81.23%

Properties

Glycemic Index:7.9, Glycemic Load:11.05, Inflammation Score:-1, Nutrition Score:2.2447826136713%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, 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: 89.36kcal (4.47%), Fat: 1.07g (1.64%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 17.92g (6.52%), Sugar: 9.34g (10.38%), Cholesterol: 18.6mg (6.2%), Sodium: 35.74mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Selenium: 5.48µg (7.83%), Vitamin B1: 0.09mg (6.15%), Folate: 23.54µg (5.89%), Vitamin B2: 0.08mg (4.8%), Manganese: 0.08mg (4%), Iron: 0.66mg (3.64%), Vitamin B3: 0.68mg (3.41%), Phosphorus: 28.22mg (2.82%), Calcium: 20.61mg (2.06%), Fiber: 0.33g (1.34%), Vitamin B5: 0.13mg (1.29%), Copper: 0.02mg (1.06%)