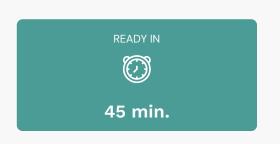


Lemon Biscotti with Sour Lemon Drizzle







DESSERT

Ingredients

1 cup sugar

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

Ш	r tablespoon vegetable oii
Eq	uipment
	bowl
	baking sheet
	oven
	knife
	wire rack
	measuring cup
Di	rections
	Preheat oven to 35
	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-inchlong 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

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, 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%)