



Lemony White Chocolate Chunk Biscotti

READY IN



70 min.

SERVINGS



10

CALORIES



301 kcal

DESSERT

Ingredients

- 0.3 cup planters almonds toasted sliced
- 4 oz baker's chocolate white chopped
- 0.3 cup butter softened ()
- 1 tsp calumet baking powder
- 2 eggs
- 2 cups flour
- 1 tsp lemon extract
- 2 Tbsp lemon zest
- 0.5 tsp salt

1 cup sugar

Equipment

bowl

baking sheet

oven

blender

cutting board

serrated knife

Directions

Heat oven to 350F.

Sift together flour, baking powder and salt; set aside. Beat butter, sugar and lemon zest in separate large bowl with mixer until well blended.

Add eggs, 1 at a time, beating well after each. Blend in extract. Gradually beat in flour mixture. Stir in chocolate and nuts.

Divide dough in half; shape each half into 12x1-inch log on floured surface.

Place on greased baking sheet.

Bake 35 min. or until golden brown. Cool on baking sheet 10 min.

Transfer to cutting board.

Cut each log diagonally into 21 slices, using serrated knife. Return, cut-sides down, to baking sheet.

Bake 5 min. or until crisp.

Remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:31.71, Glycemic Load:32.6, Inflammation Score:-3, Nutrition Score:6.437391322592%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 301.09kcal (15.05%), Fat: 10.89g (16.75%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 45.61g (16.59%), Sugar: 26.93g (29.93%), Cholesterol: 35.12mg (11.71%), Sodium: 246.29mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Selenium: 11.94µg (17.06%), Vitamin B1: 0.21mg (14.3%), Vitamin B2: 0.24mg (13.97%), Folate: 52.24µg (13.06%), Manganese: 0.25mg (12.25%), Phosphorus: 91.54mg (9.15%), Iron: 1.53mg (8.5%), Vitamin B3: 1.68mg (8.42%), Vitamin E: 1.18mg (7.87%), Calcium: 72.46mg (7.25%), Vitamin A: 254.55IU (5.09%), Fiber: 1.21g (4.84%), Magnesium: 16.68mg (4.17%), Copper: 0.08mg (4.17%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.47mg (3.16%), Potassium: 98.63mg (2.82%), Vitamin B12: 0.15µg (2.46%), Vitamin C: 1.62mg (1.96%), Vitamin B6: 0.04mg (1.95%), Vitamin D: 0.18µg (1.17%), Vitamin K: 1.13µg (1.08%)