



Mandelbrot (Jewish Biscotti)

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



77 kcal

DESSERT

Ingredients

- 1.5 tablespoons double-acting baking powder
- 8 ounce carton egg substitute
- 4.5 cups flour all-purpose
- 3 ounces ground almonds toasted finely
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground nutmeg

- 1 tablespoon orange rind, grated
- 0.5 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 0.7 cup vegetable oil

Equipment

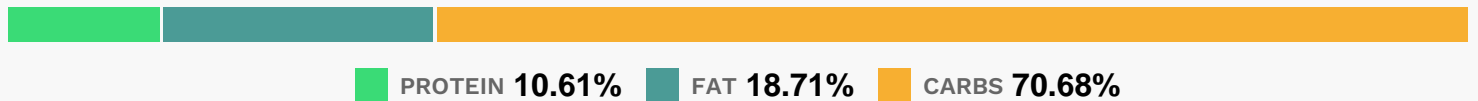
- bowl
- baking sheet
- oven
- wire rack
- blender

Directions

- Preheat oven to 350.
- Combine first 5 ingredients in a large bowl; beat at medium speed of a mixer until well-blended.
- Combine flour and next 7 ingredients (flour through nutmeg); gradually add to sugar mixture, beating until well-blended.
- Turn dough out onto a lightly floured surface; knead lightly. Shape dough into 2 (12-inch-long) rolls.
- Place rolls on a baking sheet coated with cooking spray; flatten to 1-inch thickness.
- Bake at 350 for 20 minutes.
- Remove rolls from baking sheet, and let cool 10 minutes on a wire rack.
- Cut each roll into 24 (1/2-inch) slices.
- Place slices, cut sides down, on baking sheet.
- Bake at 350 for 10 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool).
- Remove cookies from baking sheet, and let cool completely on wire rack.
- Drizzle each cookie with Orange Marmalade Frosting.

- Star of David Mandelbrot: To construct the Star of David, you'll need varying lengths of biscotti. For this, divide dough into 3 equal portions, then shape each portion into a quadrilateral that is 9 inches at the bottom, 4 inches at the top, and 12 inches on each side.
- Bake as directed in step 4 above. Beginning at the 9-inch bottom, cut each portion into 1/2-inch-thick slices, then bake as directed in step 5 above. Frost and let stand 10 minutes. To assemble the star, begin with the 3 longest pieces of biscotti, and form a triangle, which is the base of the star. Continue to stack biscotti, using the longest pieces first. You will have enough biscotti to make 1 large star with 6 layers.
- Serve remaining biscotti on a tray.
- Note: Make biscotti up to three weeks ahead and freeze.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:9.48, Inflammation Score:-1, Nutrition Score:2.3447826090066%

Nutrients (% of daily need)

Calories: 77.11kcal (3.86%), Fat: 1.62g (2.49%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.21g (4.8%), Sugar: 4.36g (4.85%), Cholesterol: 0mg (0%), Sodium: 73.7mg (3.2%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 2.06g (4.13%), Selenium: 5.96µg (8.51%), Vitamin B1: 0.1mg (6.53%), Folate: 22.25µg (5.56%), Manganese: 0.09mg (4.74%), Vitamin B2: 0.08mg (4.54%), Iron: 0.76mg (4.2%), Vitamin B3: 0.7mg (3.51%), Calcium: 31.81mg (3.18%), Phosphorus: 24.41mg (2.44%), Fiber: 0.55g (2.2%), Vitamin B5: 0.13mg (1.31%), Vitamin K: 1.19µg (1.13%)