

Maple-Nut Biscotti

 Dairy Free

READY IN



210 min.

SERVINGS



30

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon peppermint flavoring
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup walnut pieces chopped

- ☐ 1 teaspoon vegetable oil
- ☐ 4 oz candy coating disks melted (almond bark)

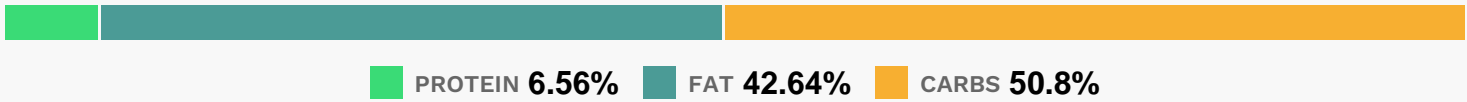
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F. Lightly grease cookie sheet with shortening or spray with cooking spray.
- ☐ In large bowl, beat sugars and butter with electric mixer on medium speed about 3 minutes or until creamy. Beat in maple flavor and eggs. Stir in flour and baking powder. Stir in walnuts. Divide dough in half. Shape each half into 10-inch roll.
- ☐ Place rolls 5 inches apart on cookie sheet; flatten to 3-inch width.
- ☐ Bake 20 to 30 minutes or until set and edges begin to brown.
- ☐ Remove from cookie sheet to cooling rack. Cool 10 minutes. With serrated knife, cut rolls diagonally into 1/2-inch slices.
- ☐ Place slices cut side down on ungreased cookie sheets.
- ☐ Bake 5 to 10 minutes or until lightly browned and dry. Turn cookies over; bake 5 to 8 minutes longer or until lightly browned and dry.
- ☐ Remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.
- ☐ Stir oil into melted candy coating; drizzle over biscotti.
- ☐ Let stand until coating is dry. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:8.17, Inflammation Score:-2, Nutrition Score:3.124782619107%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 141.52kcal (7.08%), Fat: 6.73g (10.35%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 17.5g (6.36%), Sugar: 8.05g (8.94%), Cholesterol: 16.37mg (5.46%), Sodium: 72.64mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Manganese: 0.19mg (9.44%), Selenium: 5.79µg (8.27%), Vitamin B1: 0.11mg (7.35%), Folate: 27.88µg (6.97%), Vitamin B2: 0.09mg (5.17%), Iron: 0.8mg (4.44%), Phosphorus: 39.19mg (3.92%), Vitamin B3: 0.78mg (3.89%), Copper: 0.07mg (3.48%), Vitamin A: 159.67IU (3.19%), Calcium: 27.07mg (2.71%), Fiber: 0.53g (2.14%), Magnesium: 8.41mg (2.1%), Zinc: 0.24mg (1.57%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.2mg (1.36%), Potassium: 38.9mg (1.11%)