



Mocha-Hazelnut Biscotti



Vegetarian

READY IN



120 min.

SERVINGS



30

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs at room temperature
- ☐ 1.8 cups flour for dusting all-purpose plus more
- ☐ 1 cup blanched hazelnuts
- ☐ 2 tablespoons espresso powder instant
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- ☐ Whisk the flour, cocoa powder, espresso powder, baking powder, baking soda and salt in a medium bowl. Beat the butter and sugar in a large bowl with a mixer on medium-high speed until light and fluffy, 3 to 5 minutes. Beat in the eggs one at a time, then beat in the vanilla. Reduce the mixer speed to low; add the flour mixture and beat until just incorporated, then beat in the hazelnuts.
- ☐ Divide the dough in half and put on the prepared baking sheet. Lightly dust your hands and the dough with flour, then shape each piece into an 11-by-2-inch log, about 5 inches apart. Freeze until firm, about 10 minutes.
- ☐ Transfer to the oven and bake until puffed and set, 25 to 30 minutes.
- ☐ Let cool 10 minutes on the baking sheet, then transfer the logs to a cutting board. Reduce the oven temperature to 325 degrees F.
- ☐ Slice the logs crosswise 1/2 inch thick. Arrange the slices cut-side down on the baking sheet. Return to the oven and bake, turning the cookies halfway through, until dry, about 40 minutes.
- ☐ Transfer to a rack to cool completely (they will harden as they cool).
- ☐ Photograph by Johnny Miller

Nutrition Facts



 **PROTEIN 7.24%**  **FAT 42.94%**  **CARBS 49.82%**

Properties

Glycemic Index:8.4, Glycemic Load:8.75, Inflammation Score:-2, Nutrition Score:3.2913043239842%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 105.42kcal (5.27%), Fat: 5.21g (8.02%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 12.76g (4.64%), Sugar: 6.89g (7.66%), Cholesterol: 18.42mg (6.14%), Sodium: 73.14mg (3.18%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Caffeine: 12.11mg (4.04%), Protein: 1.98g (3.96%), Manganese: 0.33mg (16.58%), Vitamin B1: 0.09mg (5.67%), Copper: 0.11mg (5.52%), Selenium: 3.8µg (5.43%), Folate: 19.74µg (4.94%), Vitamin E: 0.71mg (4.7%), Iron: 0.71mg (3.97%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 35.22mg (3.52%), Fiber: 0.85g (3.4%), Magnesium: 13.29mg (3.32%), Vitamin B3: 0.62mg (3.08%), Potassium: 63.33mg (1.81%), Vitamin A: 88.77IU (1.78%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.62%), Calcium: 15.56mg (1.56%), Vitamin B5: 0.13mg (1.25%)