



Nonna's Biscotti

 Vegetarian

READY IN



300 min.

SERVINGS



42

CALORIES



96 kcal

DESSERT

Ingredients

- 2 teaspoons almond extract pure
- 1.5 teaspoons double-acting baking powder
- 3 tablespoons brandy
- 3 large eggs
- 2.8 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup sugar
- 1 stick butter unsalted melted

- 1 teaspoon vanilla extract pure
- 1 cup almonds whole with skin, lightly toasted, cooled, and coarsely chopped

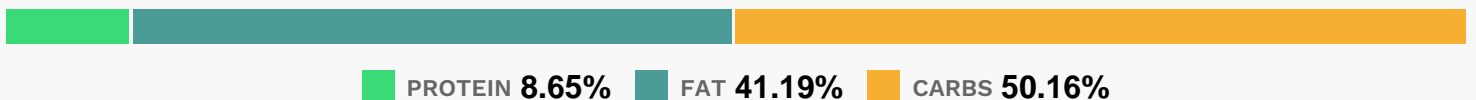
Equipment

- bowl
- baking sheet
- oven
- serrated knife

Directions

- Stir together sugar, butter, brandy, and extracts in a large bowl, then stir in almonds and eggs. Stir in flour, baking powder, and salt until just combined.
- Chill dough, covered, 30 minutes.
- Preheat oven to 350°F with rack in middle.
- Using moistened hands, halve dough and form 2 (16-by 2-inch) loaves on an ungreased large baking sheet.
- Bake until pale golden, about 30 minutes. Carefully transfer loaves to a rack and cool 15 minutes.
- Cut loaves into 3/4-inch slices with a serrated knife.
- Arrange biscotti, with a cut side down, on a clean baking sheet and bake until golden, 20 to 25 minutes.
- Transfer to rack to cool completely.
- Biscotti improve in flavor if made 1 to 2 days ahead. Keep in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:7.91, Inflammation Score:-1, Nutrition Score:2.6986956576938%

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: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg 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: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg 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: 95.61kcal (4.78%), Fat: 4.32g (6.64%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.18g (4.07%), Sugar: 4.97g (5.53%), Cholesterol: 19.07mg (6.36%), Sodium: 34.63mg (1.51%), Alcohol: 0.46g (100%), Alcohol %: 2.39% (100%), Protein: 2.04g (4.08%), Manganese: 0.14mg (6.79%), Vitamin E: 0.98mg (6.51%), Selenium: 4.07µg (5.81%), Vitamin B2: 0.1mg (5.75%), Vitamin B1: 0.07mg (4.86%), Folate: 18.24µg (4.56%), Phosphorus: 36.12mg (3.61%), Iron: 0.59mg (3.27%), Vitamin B3: 0.61mg (3.06%), Magnesium: 11.55mg (2.89%), Fiber: 0.65g (2.59%), Copper: 0.05mg (2.53%), Calcium: 21.51mg (2.15%), Vitamin A: 86.55IU (1.73%), Zinc: 0.21mg (1.42%), Potassium: 39.86mg (1.14%), Vitamin B5: 0.11mg (1.1%)