



## Orange-Almond Biscotti

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



177 kcal

DESSERT

### Ingredients

- 2 tsp double-acting baking powder
- 0.5 cup butter softened (1 stick)
- 2 eggs
- 3 cups flour
- 2 Tbsp orange zest grated
- 1 tsp salt
- 1 cup planters slivered almonds toasted
- 0.8 cup sugar

1 tsp vanilla

## Equipment

bowl

baking sheet

oven

wire rack

hand mixer

cutting board

serrated knife

## Directions

Preheat oven to 375F.

Mix flour, baking powder and salt in small bowl; set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until well blended.

Add eggs, orange zest and vanilla; mix well. Gradually add flour mixture, beating well after each addition.

Knead almonds into dough on floured surface. Divide dough into 2 equal portions. Shape each portion into 12x2-inch log on greased baking sheet.

Bake 20 to 25 minutes or until lightly browned.

Remove from baking sheet.

Place on cutting board; cool 15 minutes. Using serrated knife, cut each log diagonally into 1-inch-thick slices.

Place, cut sides up, on baking sheet.

Bake an additional 10 minutes on each side or until lightly toasted and dry.

Remove from baking sheet. Cool on wire rack. Store in airtight container at room temperature.

## Nutrition Facts



PROTEIN 8.25%  FAT 39.65%  CARBS 52.1%

## Properties

Glycemic Index:12.35, Glycemic Load:15.75, Inflammation Score:-3, Nutrition Score:5.195652194969%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 176.92kcal (8.85%), Fat: 7.89g (12.14%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.09g (8.03%), Sugar: 7.81g (8.68%), Cholesterol: 16.37mg (5.46%), Sodium: 225.34mg (9.8%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Protein: 3.7g (7.39%), Manganese: 0.25mg (12.68%), Selenium: 7.98µg (11.4%), Vitamin E: 1.62mg (10.78%), Vitamin B1: 0.16mg (10.76%), Vitamin B2: 0.18mg (10.5%), Folate: 38.99µg (9.75%), Iron: 1.21mg (6.71%), Phosphorus: 66.46mg (6.65%), Vitamin B3: 1.31mg (6.57%), Fiber: 1.25g (4.98%), Calcium: 49.67mg (4.97%), Magnesium: 19.69mg (4.92%), Vitamin A: 229.33IU (4.59%), Copper: 0.09mg (4.36%), Zinc: 0.36mg (2.4%), Potassium: 69.95mg (2%), Vitamin B5: 0.18mg (1.83%), Vitamin B6: 0.02mg (1.24%)