



Orange-Almond Biscotti

 Dairy Free

READY IN



155 min.

SERVINGS



3

CALORIES



1174 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter
- 2 eggs
- 3.5 cups flour all-purpose
- 1 tablespoon orange zest grated
- 0.5 teaspoon salt
- 0.3 cup slivered almonds toasted chopped
- 1 cup sugar

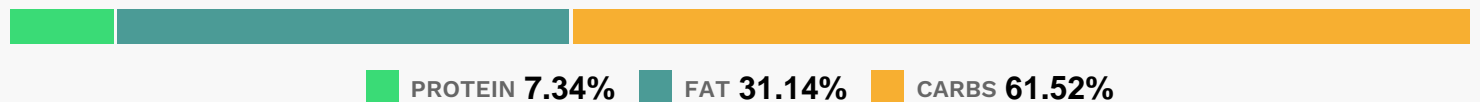
Equipment

- bowl
- baking sheet
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350F.
- Stir together sugar, butter, orange peel and eggs vigorously in large bowl until creamy and well blended. Stir in flour, baking powder, salt and almonds. Shape half of the dough at a time into rectangle, 10x3 inches, on ungreased cookie sheet.
- Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool on cookie sheet 15 minutes.
- Cut crosswise into 1/2-inch slices. Turn slices cut sides down on cookie sheet.
- Bake about 15 minutes or until crisp and light brown.
- Remove from cookie sheet to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:82.36, Glycemic Load:127.5, Inflammation Score:-9, Nutrition Score:29.066087287405%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1173.59kcal (58.68%), Fat: 40.88g (62.89%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 181.7g (60.57%), Net Carbohydrates: 176.05g (64.02%), Sugar: 67.56g (75.06%), Cholesterol: 109.12mg (36.37%), Sodium: 931.1mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.35%), Selenium: 59.36µg (84.8%), Vitamin B1: 1.19mg (79.15%), Folate: 286.92µg (71.73%), Manganese: 1.28mg (64.04%), Vitamin B2: 1.02mg (59.98%), Vitamin B3: 9.09mg (45.47%), Iron: 7.92mg (44.03%), Phosphorus: 311.64mg (31.16%), Vitamin E: 4.65mg (30.97%), Vitamin A: 1520.22IU (30.4%), Fiber: 5.65g (22.61%), Copper: 0.36mg (18.08%), Magnesium: 69.95mg (17.49%), Calcium: 164.4mg (16.44%), Zinc: 1.79mg (11.91%), Vitamin B5: 1.19mg (11.86%), Potassium: 306.29mg (8.75%), Vitamin B6: 0.14mg (6.87%), Vitamin B12: 0.3µg (4.98%), Vitamin D: 0.59µg (3.91%), Vitamin C: 2.8mg (3.39%)