



Orange Almond Biscotti I

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



84 kcal

DESSERT

Ingredients

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

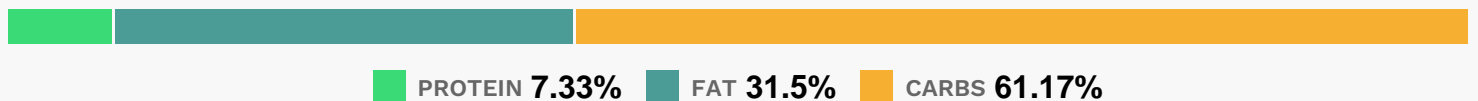
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat sugar, butter or margarine, orange peel and eggs in large bowl. Stir in flour, baking powder, salt and almonds.
- Shape half of dough at a time into rectangle, 10 x 3 inches, on ungreased cookie sheet.
- Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool on cookie sheet for 15 minutes.
- Cut crosswise into 1/2 inch slices.
- Place slices cut sides down on cookie sheet.
- Bake about 15 minutes or until crisp and light brown.
- Remove from cookie sheet. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:9.1, Inflammation Score:-1, Nutrition Score:2.0239130446444%

Nutrients (% of daily need)

Calories: 83.87kcal (4.19%), Fat: 2.96g (4.55%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.55g (4.56%), Sugar: 4.83g (5.37%), Cholesterol: 13.6mg (4.53%), Sodium: 58.55mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Selenium: 4.26µg (6.08%), Vitamin B1: 0.08mg (5.64%), Folate: 20.59µg (5.15%), Manganese: 0.09mg (4.38%), Vitamin B2: 0.07mg (4.06%), Vitamin B3: 0.65mg

(3.24%), Iron: 0.56mg (3.13%), Phosphorus: 22.29mg (2.23%), Vitamin E: 0.29mg (1.97%), Vitamin A: 79.51IU (1.59%),
Fiber: 0.38g (1.53%), Copper: 0.03mg (1.29%), Magnesium: 4.95mg (1.24%), Calcium: 11.3mg (1.13%)