



## Orange and Basil Biscotti

 Vegetarian

READY IN



100 min.

SERVINGS



4

CALORIES



434 kcal

DESSERT

### Ingredients

- 0.3 cup almonds toasted sliced
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon basil dried
- 2 eggs
- 1.5 cups flour for dusting all-purpose plus more
- 1 tablespoon orange zest
- 0.3 teaspoon salt
- 0.5 cup sugar

- 4 tablespoons butter unsalted at room temperature

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- blender
- serrated knife

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Line a large rimmed baking sheet with parchment paper.
- Combine the sugar and butter in the bowl of a standing mixer fitted with a paddle. Cream the mixture until pale and fluffy.
- Add the eggs, one at a time, making sure to mix well before each addition.
- Add the orange zest and basil and blend on low speed, about 30 seconds.
- Combine the flour, baking powder and salt in a separate bowl.
- Add the flour mixture to the standing mixer and beat until combined. Fold in the almonds.
- Transfer the dough to a lightly floured surface. Divide the dough in half. Using floured hands, shape the dough into logs.
- Brush off the excess flour.
- Place the logs on the baking sheet, spaced 5 inches apart.
- Flatten each log into a 2-inch-wide strip.
- Bake the logs, rotating the baking sheet halfway through, until browned and set, about 30 minutes.
- Transfer the logs to a cooling rack and cool, about 15 minutes.
- Reduce the oven to 300 degrees F.

- Transfer the logs to a work surface.
- Cut each log diagonally into 1/3-inch-thick slices using a serrated knife. Arrange the slices, cut-side down, on the baking sheet.
- Bake the slices, rotating the baking sheet halfway through, until crisp, about 20 minutes.
- Transfer the slices to the cooling racks and let cool.
- The biscotti can be made 3 days ahead and stored in an airtight container at room temperature.

## Nutrition Facts



### Properties

Glycemic Index:61.77, Glycemic Load:43.64, Inflammation Score:-5, Nutrition Score:11.668695688248%

### Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg 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: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg 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: 434.28kcal (21.71%), Fat: 16.86g (25.95%), Saturated Fat: 8.17g (51.09%), Carbohydrates: 62.79g (20.93%), Net Carbohydrates: 60.6g (22.04%), Sugar: 25.42g (28.24%), Cholesterol: 111.94mg (37.31%), Sodium: 285.51mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Selenium: 23.19µg (33.13%), Vitamin B1: 0.39mg (26.08%), Folate: 99.91µg (24.98%), Vitamin B2: 0.41mg (24.12%), Manganese: 0.47mg (23.58%), Iron: 3.02mg (16.8%), Vitamin B3: 3.02mg (15.09%), Phosphorus: 147.77mg (14.78%), Vitamin E: 2.07mg (13.82%), Calcium: 102.49mg (10.25%), Vitamin A: 475.95IU (9.52%), Fiber: 2.19g (8.77%), Magnesium: 30.25mg (7.56%), Copper: 0.15mg (7.54%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.82mg (5.46%), Vitamin D: 0.65µg (4.33%), Potassium: 133.22mg (3.81%), Vitamin B12: 0.22µg (3.66%), Vitamin B6: 0.07mg (3.53%), Vitamin K: 3.33µg (3.17%), Vitamin C: 2.04mg (2.47%)