



Orange-Pecan Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 large eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1.5 tablespoons orange rind grated
- ☐ 1 cup pecans chopped
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 2 tablespoons vegetable oil

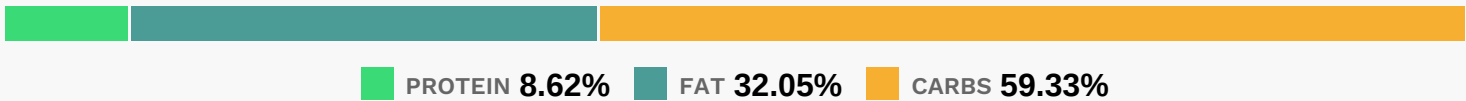
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Beat eggs and sugar at high speed with an electric mixer for 5 minutes or until foamy.
- ☐ Add orange rind, oil, and extracts, beating until blended.
- ☐ Combine flour and baking powder; add to sugar mixture, beating well. Fold in pecans. Cover and freeze 30 minutes or until firm.
- ☐ Divide dough in half; shape each portion into an 8- x 5-inch log on a lightly greased baking sheet.
- ☐ Bake at 325 for 25 minutes or until firm. Cool on baking sheet 5 minutes.
- ☐ Remove to wire racks to cool.
- ☐ Cut each log diagonally into 1/2-inch slices with a serrated knife.
- ☐ Place on greased baking sheets.
- ☐ Bake at 325 for 15 minutes. Turn cookies over, and bake for 15 more minutes.
- ☐ Remove cookies to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:15.51, Inflammation Score:-2, Nutrition Score:4.5339130551919%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg,

Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,
Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 150.1kcal (7.5%), Fat: 5.39g (8.3%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 22.47g (7.49%), Net
Carbohydrates: 21.52g (7.83%), Sugar: 8.62g (9.57%), Cholesterol: 31mg (10.33%), Sodium: 47.64mg (2.07%),
Alcohol: 0.11g (100%), Alcohol %: 0.36% (100%), Protein: 3.27g (6.53%), Manganese: 0.33mg (16.31%), Selenium:
8.67µg (12.39%), Vitamin B1: 0.17mg (11.34%), Folate: 36.8µg (9.2%), Vitamin B2: 0.13mg (7.76%), Iron: 1.11mg (6.17%),
Phosphorus: 55.23mg (5.52%), Vitamin B3: 1.09mg (5.45%), Copper: 0.09mg (4.34%), Fiber: 0.95g (3.78%),
Calcium: 30.76mg (3.08%), Zinc: 0.44mg (2.91%), Magnesium: 10.53mg (2.63%), Vitamin B5: 0.24mg (2.45%),
Vitamin K: 2.32µg (2.21%), Vitamin E: 0.26mg (1.7%), Vitamin B6: 0.03mg (1.6%), Potassium: 50.22mg (1.43%),
Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)