



Orange-Poppyseed Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



37 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose divided
- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 3 tablespoons orange zest
- ☐ 1 tablespoon poppy seeds
- ☐ 0.3 cup stick margarine

- ☐ 0.7 cup sugar
- ☐ 2 tablespoons cornmeal yellow

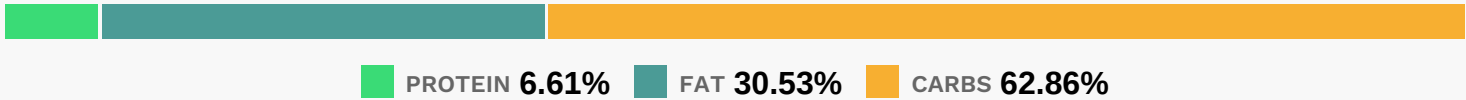
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter; gradually add sugar, beating at medium speed of a mixer until well blended.
- ☐ Add egg and orange juice concentrate, beating until well blended.
- ☐ Combine flour and next 5 ingredients; gradually add to butter mixture, beating until blended. Turn dough out onto a lightly floured surface, and knead lightly 2 to 3 times. Divide dough in half; shape dough into 15-inch-long rolls.
- ☐ Place on a baking sheet coated with cooking spray; flatten to 1 1/4-inch thickness.
- ☐ Bake at 350 for 21 minutes or until lightly browned.
- ☐ Remove rolls from baking sheet; let cool slightly on a wire rack.
- ☐ Cut rolls diagonally into (1/2-inch) slices, using a serrated knife.
- ☐ Place slices, cut side down, on baking sheet.
- ☐ Bake at 350 for 6 minutes on each side or just until lightly browned.

Nutrition Facts



Properties

Glycemic Index:5.18, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:0.91913043561837%

Nutrients (% of daily need)

Calories: 37.12kcal (1.86%), Fat: 1.27g (1.95%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.67g (2.06%), Sugar: 2.32g (2.57%), Cholesterol: 3.1mg (1.03%), Sodium: 29.95mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Selenium: 1.73µg (2.47%), Vitamin B1: 0.04mg (2.43%), Folate: 8.55µg (2.14%), Manganese: 0.04mg (2.05%), Vitamin B2: 0.03mg (1.56%), Iron: 0.24mg (1.36%), Vitamin B3: 0.26mg (1.31%), Vitamin A: 53.71IU (1.07%), Phosphorus: 10.18mg (1.02%)