



## Orange-Sesame Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



68 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon orange juice concentrate undiluted thawed
- ☐ 3 tablespoons orange rind grated

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sesame seed
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

## Directions

- ☐ Preheat oven to 32
- ☐ Combine first 7 ingredients in a bowl. Stir well; set aside.
- ☐ Combine eggs, egg white, vanilla, orange rind, and orange juice in a large bowl, and stir with a whisk.
- ☐ Add flour mixture, and stir until well-blended.
- ☐ Turn dough out onto a baking sheet coated with cooking spray. Shape dough into two 13-inch-long rolls; flatten to 1-inch thickness.
- ☐ Bake at 325 for 25 minutes or until firm to the touch.
- ☐ Remove rolls from baking sheet; let cool 10 minutes on a wire rack.
- ☐ Reduce oven temperature to 27
- ☐ Cut each roll diagonally into 18 (1/2-inch) slices.
- ☐ Place slices, cut sides down, on baking sheet.
- ☐ Bake at 275 for 40 minutes (cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; let cool completely on wire rack.

## Nutrition Facts



 PROTEIN **9.6%**  FAT **11.82%**  CARBS **78.58%**

Properties

Glycemic Index:7.56, Glycemic Load:9.22, Inflammation Score:-1, Nutrition Score:2.2604347652067%

Nutrients (% of daily need)

Calories: 68.22kcal (3.41%), Fat: 0.9g (1.38%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13g (4.73%), Sugar: 5.73g (6.36%), Cholesterol: 10.33mg (3.44%), Sodium: 49.02mg (2.13%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.64g (3.29%), Selenium: 4.7µg (6.72%), Vitamin B1: 0.09mg (5.74%), Manganese: 0.11mg (5.54%), Folate: 20.3µg (5.08%), Vitamin B2: 0.07mg (4.05%), Iron: 0.68mg (3.75%), Vitamin B3: 0.63mg (3.14%), Copper: 0.06mg (3%), Phosphorus: 25.39mg (2.54%), Calcium: 20.84mg (2.08%), Fiber: 0.45g (1.78%), Magnesium: 6.61mg (1.65%), Vitamin C: 1.28mg (1.55%), Zinc: 0.19mg (1.26%)