



Parmesan Black-Pepper Biscotti

 Gluten Free

READY IN



300 min.

SERVINGS



60

CALORIES



43 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 tablespoons peppercorns whole black
- ☐ 4 large eggs
- ☐ 2.3 cups parmesan finely grated
- ☐ 2 teaspoons salt
- ☐ 0.8 cup butter unsalted cold cut into 1/2-inch cubes
- ☐ 1 cup milk whole

Equipment

- ☐ bowl



- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 350°F.
- ☐ Pulse peppercorns in grinder until coarsely ground.
- ☐ Whisk together flour, baking powder, salt, 2 cups cheese, and 1 tablespoon ground black pepper in a large bowl. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Whisk 3 eggs with milk and add to flour mixture, stirring with a fork until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface and quarter dough. Using well-floured hands, form each piece into a slightly flattened 12-inch-long log (about 2 inches wide and 3/4 inch high).
- ☐ Transfer logs to 2 ungreased large baking sheets, arranging logs about 3 inches apart.
- ☐ Whisk remaining egg and brush some over logs, then sprinkle tops of logs evenly with remaining 1/4 cup cheese and 1/2 tablespoon ground pepper.
- ☐ Bake, rotating sheets 180 degrees and switching position of sheets halfway through baking, until logs are pale golden and firm, about 30 minutes total. Cool logs to warm on sheets on a rack, about 10 minutes.
- ☐ Reduce oven temperature to 300°F.
- ☐ Carefully transfer 1 warm log to a cutting board and cut diagonally into 1/2-inch-thick slices with a serrated knife. Arrange slices, cut sides down, in 1 layer on a baking sheet. Repeat with remaining logs, transferring slices to sheets.
- ☐ Bake, turning over once, until golden and crisp, 35 to 45 minutes total. Cool biscotti on baking sheets on racks, about 15 minutes.

Nutrition Facts



 PROTEIN **17.9%**  FAT **77.19%**  CARBS **4.91%**

Properties

Glycemic Index:3.15, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.2934782728553%

Nutrients (% of daily need)

Calories: 42.95kcal (2.15%), Fat: 3.73g (5.73%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.24g (0.27%), Cholesterol: 21.54mg (7.18%), Sodium: 158.37mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Calcium: 60.94mg (6.09%), Phosphorus: 40.73mg (4.07%), Selenium: 1.99µg (2.84%), Vitamin A: 126.15IU (2.52%), Vitamin B2: 0.03mg (2.04%), Manganese: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.17µg (1.15%), Zinc: 0.17mg (1.12%)