



Parmesan-Garlic Cornbread Biscotti

READY IN



90 min.

SERVINGS



1

CALORIES



2635 kcal

Ingredients

- ☐ 0.3 cup butter cold cut into pieces
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup buttermilk
- ☐ 12 oz buttermilk cornbread-and-muffin mix
- ☐ 2 large eggs
- ☐ 1 large garlic clove minced
- ☐ 1 cup parmesan cheese divided freshly grated
- ☐ 0.3 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350
- ☐ Combine cornbread mix, 3/4 cup grated Parmesan cheese, and next 2 ingredients in a food processor bowl.
- ☐ Add butter, and pulse 5 to 6 times or until crumbly.
- ☐ Whisk together 2 eggs and buttermilk. With processor running, gradually add egg mixture through food chute, and process just until well moistened. (Batter will be thick.)
- ☐ Spread dough into a 12- x 4-inch rectangle on a parchment paper-lined baking sheet using lightly greased hands.
- ☐ Brush melted butter over dough.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake at 350 for 20 minutes or until pale golden brown and firm.
- ☐ Let cool on baking sheet on a wire rack 10 minutes. Reduce oven temperature to 300
- ☐ Gently slide loaf (on parchment paper) onto a cutting board, and cut loaf diagonally into 1/2-inch-thick slices using a serrated knife.
- ☐ Place slices, cut sides down, on a baking sheet lined with a new sheet of parchment paper.
- ☐ Bake at 300 for 15 to 20 minutes on each side or until golden and crisp.
- ☐ Let cool on baking sheet on wire rack 15 minutes.
- ☐ Serve warm. Store in an airtight container up to 3 days, or freeze up to 2 weeks.

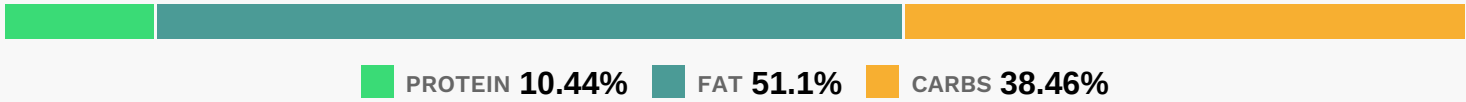
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Note: We tested with Martha White Buttermilk Cornbread & Muffin

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Mix.

Nutrition Facts



Properties

Glycemic Index:161, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:55.408260459485%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 2635.34kcal (131.77%), Fat: 149.75g (230.38%), Saturated Fat: 73.85g (461.56%), Carbohydrates: 253.53g (84.51%), Net Carbohydrates: 231.35g (84.13%), Sugar: 72.64g (80.72%), Cholesterol: 654.62mg (218.21%), Sodium: 5861.21mg (254.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.85g (137.7%), Phosphorus: 2571.48mg (257.15%), Selenium: 88.25µg (126.07%), Calcium: 1229.04mg (122.9%), Vitamin B2: 1.86mg (109.57%), Vitamin B1: 1.56mg (103.87%), Folate: 375.01µg (93.75%), Fiber: 22.18g (88.7%), Vitamin A: 4013.4IU (80.27%), Manganese: 1.24mg (61.93%), Iron: 10.8mg (59.98%), Vitamin B3: 11.63mg (58.16%), Zinc: 7.9mg (52.66%), Vitamin B12: 2.97µg (49.44%), Vitamin B5: 3.83mg (38.3%), Vitamin B6: 0.75mg (37.39%), Magnesium: 137.11mg (34.28%), Vitamin E: 4.11mg (27.43%), Vitamin K: 25.17µg (23.97%), Potassium: 819.91mg (23.43%), Vitamin D: 3.28µg (21.87%), Copper: 0.43mg (21.28%), Vitamin C: 1.28mg (1.55%)