



## Pecan Biscotti

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



115 kcal

DESSERT

### Ingredients

- 1.3 teaspoons double-acting baking powder
- 2 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 1 cup pecans finely chopped
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 Dash vanilla extract
- 0.5 cup vegetable oil

0.5 cup cornmeal yellow

## Equipment

bowl

baking sheet

oven

serrated knife

## Directions

Combine first 5 ingredients in a large bowl.

Combine eggs and remaining 3 ingredients; gradually add to flour mixture, stirring just until dry ingredients are moistened.

Place dough on a lightly floured surface; divide in half. With lightly floured hands, shape each half into a 12" x 1 1/4" log.

Place logs 3" apart on a lightly greased baking sheet.

Bake at 350 for 25 minutes; cool 10 minutes.

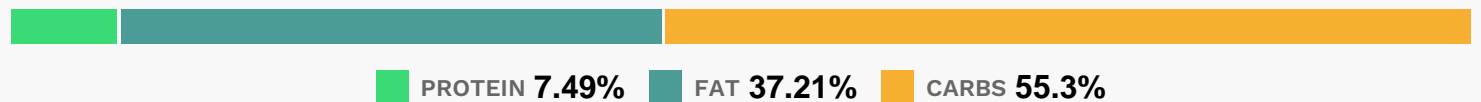
Cut each log crosswise into 3/4"-thick slices, using a serrated knife.

Place slices, cut side down, on ungreased baking sheets.

Bake at 350 for 12 minutes, turning cookies once.

Remove to wire racks, and cool completely.

## Nutrition Facts



## Properties

Glycemic Index:13.15, Glycemic Load:10.91, Inflammation Score:-1, Nutrition Score:3.2839130524384%

## 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,

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Epigallocatechin 3-gallate: 0.1mg

## **Nutrients (% of daily need)**

Calories: 115.45kcal (5.77%), Fat: 4.88g (7.51%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.32g (5.57%), Sugar: 6.51g (7.23%), Cholesterol: 15.5mg (5.17%), Sodium: 52.6mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Protein: 2.21g (4.42%), Manganese: 0.29mg (14.46%), Vitamin B1: 0.11mg (7.54%), Selenium: 4.78µg (6.83%), Folate: 20.76µg (5.19%), Vitamin B2: 0.07mg (4.37%), Phosphorus: 42.69mg (4.27%), Iron: 0.74mg (4.09%), Fiber: 0.99g (3.98%), Copper: 0.08mg (3.96%), Vitamin B3: 0.68mg (3.38%), Magnesium: 11.6mg (2.9%), Zinc: 0.43mg (2.84%), Vitamin B6: 0.04mg (2.01%), Calcium: 19.4mg (1.94%), Vitamin K: 1.88µg (1.79%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.2mg (1.33%), Potassium: 44.97mg (1.28%)