



Pecan-White Chocolate Oat Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



108 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon canola oil
- 2 large eggs lightly beaten
- 3.3 ounces flour all-purpose
- 0.5 teaspoon ground ginger
- 2 cups regular oats
- 0.3 cup pecans chopped
- 0.5 teaspoon salt

- 0.3 cup chocolate baking chips white
- 0.8 cup sugar
- 2 tablespoons water

Equipment

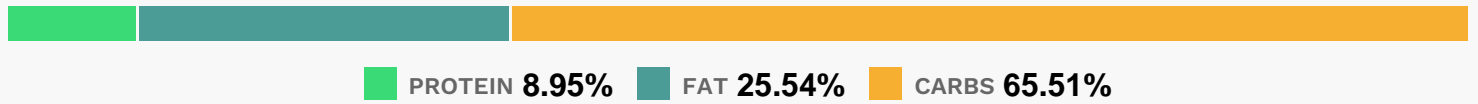
- food processor
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- microwave
- measuring cup

Directions

- Preheat oven to 35
- Place oats in a food processor; process until finely ground.
- Place ground oats in a large bowl. Lightly spoon flour into dry measuring cups; level with a knife.
- Add flour, sugar, baking powder, salt, and ginger to oats; stir well with a whisk.
- Combine 2 tablespoons water and eggs; stir with a whisk.
- Add egg mixture to oat mixture, and stir well. Stir in pecans.
- Turn dough out onto a lightly floured surface; knead lightly 7 times. Shape dough into 2 (8-inch-long) rolls.
- Place rolls 3 inches apart on a baking sheet coated with cooking spray; pat to 1-inch thickness.
- Bake at 350 for 30 minutes.
- Remove rolls from baking sheet; cool 10 minutes on a wire rack.

- Reduce oven temperature to 32
- Cut each of the rolls diagonally into 10 slices.
- Place, cut sides down, on baking sheet.
- Bake at 325 for 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will harden as they cool).
- Remove from baking sheet; cool completely on wire rack.
- Combine chips and oil in a small microwave-safe bowl. Microwave at HIGH 30 seconds or until chips melt; stir gently.
- Drizzle over biscotti.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:10.5, Inflammation Score:-1, Nutrition Score:3.6065217631505%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 107.55kcal (5.38%), Fat: 3.11g (4.79%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 16.84g (6.13%), Sugar: 8.64g (9.6%), Cholesterol: 18.95mg (6.32%), Sodium: 109.87mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Manganese: 0.43mg (21.35%), Selenium: 5.7µg (8.14%), Phosphorus: 65.03mg (6.5%), Vitamin B1: 0.09mg (5.96%), Fiber: 1.13g (4.53%), Iron: 0.76mg (4.22%), Vitamin B2: 0.07mg (3.96%), Magnesium: 15.46mg (3.86%), Calcium: 36mg (3.6%), Folate: 14.11µg (3.53%), Copper: 0.07mg (3.3%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.21mg (2.14%), Vitamin B3: 0.41mg (2.06%), Potassium: 54.38mg (1.55%), Vitamin B6: 0.02mg (1.19%), Vitamin E: 0.17mg (1.1%)