

Pine Nut Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 large eggs
- ☐ 13.5 ounces flour all-purpose
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

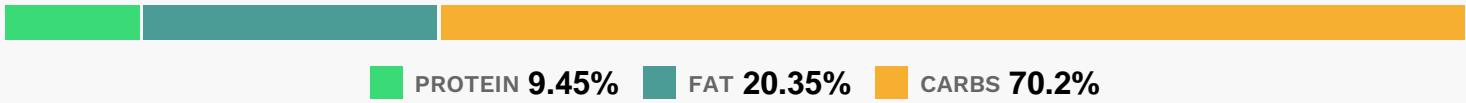
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 32
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, salt, and baking soda in a large bowl, stirring with a whisk. Stir in pine nuts.
- ☐ Combine 1/4 cup plus 2 tablespoons water, rind, vanilla, and eggs, stirring with a whisk.
- ☐ Add egg mixture to flour mixture, stirring until well blended (dough will be dry and crumbly). Knead dough lightly in bowl 7 or 8 times or until a dough forms (dough will be sticky). Divide dough in half. Shape each portion into an 8-inch-long roll.
- ☐ Place rolls 6 inches apart on a baking sheet lined with parchment paper; flatten each roll to 1-inch thickness.
- ☐ Bake at 325 for 30 minutes.
- ☐ Remove rolls from baking sheet (do not turn oven off); cool 10 minutes on a wire rack.
- ☐ Cut each roll diagonally into 15 (1/2-inch-thick) slices using a serrated knife.
- ☐ Place slices, cut sides down, on baking sheet.

- ☐
- Bake at 325 for 15 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool).
- ☐
- Remove from baking sheet; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:11.73, Inflammation Score:-1, Nutrition Score:3.1873913096345%

Nutrients (% of daily need)

Calories: 94.88kcal (4.74%), Fat: 2.16g (3.32%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 16.34g (5.94%), Sugar: 6.81g (7.56%), Cholesterol: 18.6mg (6.2%), Sodium: 78.71mg (3.42%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 2.26g (4.51%), Manganese: 0.29mg (14.36%), Selenium: 5.92µg (8.45%), Vitamin B1: 0.11mg (7.36%), Folate: 26.47µg (6.62%), Vitamin B2: 0.09mg (5.44%), Iron: 0.82mg (4.57%), Vitamin B3: 0.86mg (4.28%), Phosphorus: 39.55mg (3.96%), Copper: 0.05mg (2.63%), Magnesium: 9.14mg (2.28%), Zinc: 0.3mg (2%), Vitamin E: 0.27mg (1.8%), Fiber: 0.44g (1.74%), Vitamin B5: 0.14mg (1.4%), Calcium: 13.16mg (1.32%), Vitamin K: 1.27µg (1.21%)