

Pistachio Biscotti

 Vegetarian

READY IN



95 min.

SERVINGS



24

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1.5 cups pistachios
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Lay the pistachios on a cookie sheet in a single layer.
- ☐ Bake for 10 minutes or until the nuts are lightly toasted.
- ☐ Remove from the oven.
- ☐ In an electric mixer, beat the butter until light and fluffy. With the mixer running, gradually add the eggs, sugar, and vanilla; mix until creamed.
- ☐ Add the flour, baking powder, and salt.
- ☐ Mix the dough until smooth. Using a wooden spoon, mix in the pistachios until evenly distributed.
- ☐ Put the dough on a lightly floured surface and cut in half.
- ☐ Roll each half into a log, each 12 inches long by 1-inch high.
- ☐ Place the logs on an ungreased cookie sheet and bake for 35 minutes or until the bottoms are lightly brown.
- ☐ Let the logs cool for 5 minutes and then place on a cutting board. Slice each log on a diagonal into 12 1-inch thick pieces.
- ☐ Put the cookies back on the cookie sheet and bake 5 minutes. Turn the cookies over and bake the other side for another 5 minutes. Store cookies in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:16.16, Inflammation Score:-3, Nutrition Score:5.0895651656648%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 183.98kcal (9.2%), Fat: 8.05g (12.39%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 23.15g (8.42%), Sugar: 9g (10%), Cholesterol: 30.63mg (10.21%), Sodium: 74.98mg (3.26%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 4.17g (8.35%), Vitamin B1: 0.21mg (14.16%), Selenium: 8.5µg (12.15%), Manganese: 0.22mg (10.96%), Folate: 40.01µg (10%), Vitamin B2: 0.13mg (7.7%), Vitamin B6: 0.15mg (7.41%), Phosphorus: 73.04mg (7.3%), Iron: 1.27mg (7.04%), Copper: 0.13mg (6.58%), Vitamin B3: 1.18mg (5.92%), Fiber: 1.28g (5.14%), Vitamin A: 179.79IU (3.6%), Magnesium: 14.13mg (3.53%), Potassium: 107.48mg (3.07%), Zinc: 0.37mg (2.49%), Calcium: 24.95mg (2.49%), Vitamin E: 0.36mg (2.37%), Vitamin B5: 0.21mg (2.09%), Vitamin D: 0.18µg (1.21%)