



Pistachio Biscotti

 Dairy Free

READY IN



115 min.

SERVINGS



36

CALORIES



81 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 cup pistachios coarsely chopped
- 0.3 teaspoon salt
- 0.5 cup semi chocolate chips
- 1 teaspoon shortening

- 0.7 cup sugar
- 2 teaspoons vanilla
- 0.5 cup vegetable oil

Equipment

- bowl
- baking sheet
- oven
- wire rack
- toothpicks
- microwave

Directions

- Heat oven to 350F. In large bowl, beat sugar, oil, vanilla and eggs with spoon. Stir in flour, baking powder, baking soda, salt and nuts.
- Place dough on lightly floured surface. Knead 15 times until smooth. On ungreased cookie sheet, shape half of dough at a time into 10x3-inch rectangle.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool on cookie sheet 15 minutes.
- Cut rectangle crosswise into 1/2-inch slices.
- Place slices, cut sides down, on cookie sheet.
- Bake about 15 minutes longer, turning once, until crisp and light brown. Immediately remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 30 to 60 seconds or until melted; stir until smooth.
- Drizzle chocolate over biscotti.
- Place on waxed paper until chocolate is set.

Nutrition Facts



■ PROTEIN 8.44% ■ FAT 31.27% ■ CARBS 60.29%

Properties

Glycemic Index:7.09, Glycemic Load:7.46, Inflammation Score:-1, Nutrition Score:2.3113043603042%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 80.69kcal (4.03%), Fat: 2.81g (4.32%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 11.56g (4.2%), Sugar: 4.81g (5.34%), Cholesterol: 9.24mg (3.08%), Sodium: 39.5mg (1.72%), Alcohol: 0.08g (100%), Alcohol %: 0.43% (100%), Protein: 1.7g (3.41%), Selenium: 4.05µg (5.78%), Manganese: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.66%), Folate: 17.91µg (4.48%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.47%), Copper: 0.07mg (3.41%), Phosphorus: 31.53mg (3.15%), Vitamin B3: 0.56mg (2.79%), Fiber: 0.61g (2.44%), Magnesium: 8.73mg (2.18%), Vitamin B6: 0.04mg (1.9%), Vitamin K: 1.4µg (1.33%), Zinc: 0.2mg (1.31%), Potassium: 44.78mg (1.28%), Calcium: 12.62mg (1.26%)