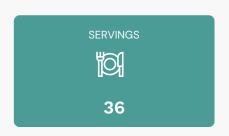


Pistachio Biscotti

airy Free







DESSERT

Ingredients

1 teaspoon double-acting baking powder
O.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
Eq	uipment
	bowl
	baking sheet
	oven
	wire rack
	toothpicks
	microwave
Di	rections
	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

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, Catechin: 0.06mg, Catechin: 0.06mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.02mg, Quercetin: 0.0

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%)