



Pistachio Biscotti

READY IN



45 min.

SERVINGS



24

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 1 ounce bittersweet chocolate coarsely chopped
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons butter divided
- ☐ 0.5 cup dry-roasted pistachios chopped
- ☐ 1 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.3 cup cornmeal yellow stone-ground
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons milk whole

Equipment

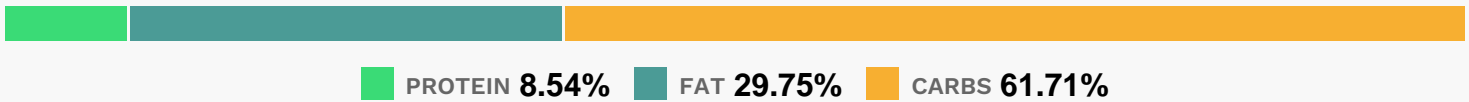
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags
- ☐ microwave
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Combine juice and milk; let stand for 10 minutes.
- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt), stirring well with a whisk. Melt 2 tablespoons butter.
- ☐ Combine 2 tablespoons melted butter, milk mixture, rind, and egg in a large bowl, stirring well with a whisk.
- ☐ Add flour mixture, stirring until well blended (dough will be crumbly). Turn dough out onto a lightly floured surface; knead lightly 7 times. Shape dough into a 4 x 12inch log on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until golden brown. Reduce oven temperature to 32
- ☐ Remove log from baking sheet; cool 10 minutes on a wire rack. Using a serrated knife, cut log diagonally into 24 (1/2-inch) slices.

- ☐ Place slices upright on baking sheet; bake at 325 for 20 minutes or until crisp.
- ☐ Remove from baking sheet; cool completely on wire rack.
- ☐ Combine remaining 1 teaspoon butter and chocolate in a microwave–safe dish; microwave at HIGH 30 seconds or until chocolate melts, stirring once.
- ☐ Pour chocolate mixture into a small zip–top plastic bag; seal. Snip a tiny hole in 1 corner of bag; drizzle chocolate mixture over cooled biscotti.
- ☐ Let stand 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:5.39, Inflammation Score:-1, Nutrition Score:2.6382608653411%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 101.56kcal (5.08%), Fat: 3.42g (5.26%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.14g (5.5%), Sugar: 7.42g (8.25%), Cholesterol: 10.48mg (3.49%), Sodium: 50.29mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Manganese: 0.16mg (7.79%), Selenium: 3.99µg (5.69%), Vitamin B1: 0.08mg (5.11%), Vitamin B3: 1mg (5%), Folate: 19.79µg (4.95%), Iron: 0.65mg (3.61%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 34.16mg (3.42%), Magnesium: 12.99mg (3.25%), Fiber: 0.81g (3.24%), Copper: 0.05mg (2.52%), Vitamin B6: 0.04mg (1.98%), Zinc: 0.28mg (1.86%), Potassium: 58.12mg (1.66%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.45%), Calcium: 13mg (1.3%)