



Pistachio Cherry Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 6 tablespoons butter softened
- ☐ 1 cup cherries dried sweet sour
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pistachios chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

☐ 1 teaspoon vanilla extract

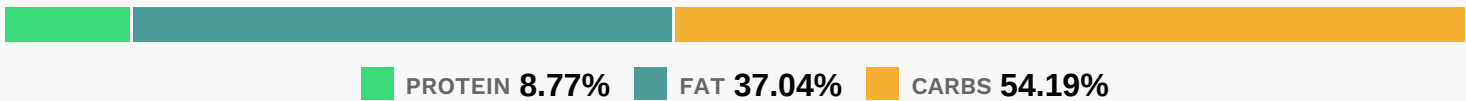
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a medium bowl, and beat with an electric mixer at medium speed until smooth and creamy.
- ☐ Add eggs, and beat until blended. (Batter may look slightly curdled.)
- ☐ Add flour, beating at low speed until smooth. (Dough will be soft and sticky but should hold its shape when dropped from a spoon.) Stir in pistachios and cherries.
- ☐ Transfer dough to a lightly greased baking sheet, and shape into a log about 14 inches long, 2 1/2 inches wide, and about 3/4 inch high.
- ☐ Bake at 350 for 22 minutes.
- ☐ Remove from oven, and reduce temperature to 32
- ☐ Let stand 5 minutes; slice into 3/4-inch pieces. (
- ☐ Cut perpendicular to cutting board so biscotti will be even and not thicker on 1 side.)
- ☐ Stand biscotti on edge on baking sheet. Return to oven, and bake at 325 for 25 minutes.
- ☐ Remove from oven, transfer to wire rack, and cool completely; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:19.07, Glycemic Load:14.78, Inflammation Score:-4, Nutrition Score:5.295652134263%

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: 203.75kcal (10.19%), Fat: 8.52g (13.11%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 26.12g (9.5%), Sugar: 12.93g (14.36%), Cholesterol: 34.54mg (11.51%), Sodium: 120.43mg (5.24%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 4.54g (9.08%), Vitamin B1: 0.19mg (12.82%), Selenium: 7.86µg (11.22%), Manganese: 0.2mg (10.08%), Vitamin A: 465.79IU (9.32%), Folate: 35.61µg (8.9%), Fiber: 1.93g (7.71%), Phosphorus: 76.41mg (7.64%), Vitamin B6: 0.15mg (7.42%), Iron: 1.31mg (7.25%), Vitamin B2: 0.12mg (7.16%), Copper: 0.13mg (6.39%), Vitamin B3: 1.03mg (5.15%), Calcium: 44.16mg (4.42%), Magnesium: 13.73mg (3.43%), Potassium: 106.02mg (3.03%), Vitamin E: 0.37mg (2.49%), Zinc: 0.37mg (2.43%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.06µg (1.08%)