



WHATSheATE



HEALTH SCORE

54%

Pistachio-Cranberry Biscotti



Vegetarian

READY IN



77 min.

SERVINGS



1

CALORIES



3247 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup cranberries dried sweetened orange-flavored
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.5 teaspoons orange extract
- ☐ 1 tablespoon orange rind grated
- ☐ 0.8 cup natural pistachio nuts salted shelled chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted softened

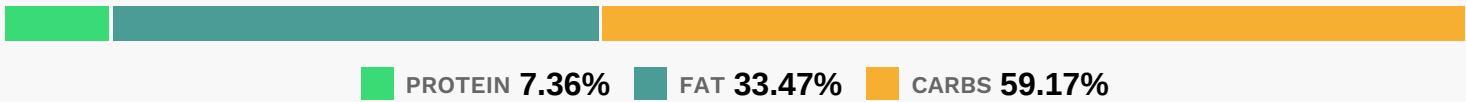
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Beat butter and sugar in a large bowl at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, beating well; beat in orange rind and extract.
- ☐ Combine flour, baking powder, and salt; add to butter mixture, beating at low speed until blended. Stir in cranberries and pistachios.
- ☐ Divide dough in half. Using lightly floured hands, shape each portion into a 14" x 2" log.
- ☐ Place both logs 3" apart on a large baking sheet lined with parchment paper.
- ☐ Bake at 325 for 28 minutes or until firm to the touch. Cool logs on baking sheet 10 minutes.
- ☐ Cut each log into 1/2"-thick diagonal slices with a serrated knife using a gentle sawing motion.
- ☐ Place slices, cut side down, on baking sheet.
- ☐ Bake 9 minutes; turn cookies over, and bake 12 more minutes.
- ☐ Transfer biscotti to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:255.09, Glycemic Load:264.36, Inflammation Score:-10, Nutrition Score:64.45217402085%

Flavonoids

Cyanidin: 7.49mg, Cyanidin: 7.49mg, Cyanidin: 7.49mg, Cyanidin: 7.49mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.91mg, Myricetin: 2.91mg, Myricetin: 2.91mg, Myricetin: 2.91mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 3247.31kcal (162.37%), Fat: 124.08g (190.9%), Saturated Fat: 51.95g (324.68%), Carbohydrates: 493.7g (164.57%), Net Carbohydrates: 469.53g (170.74%), Sugar: 245.95g (273.27%), Cholesterol: 552.6mg (184.2%), Sodium: 1964.27mg (85.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.36g (122.72%), Vitamin B1: 3.08mg (205.17%), Selenium: 135.04µg (192.92%), Manganese: 3.39mg (169.37%), Folate: 613.05µg (153.26%), Vitamin B2: 2.09mg (122.96%), Phosphorus: 1116.35mg (111.64%), Iron: 19.7mg (109.44%), Fiber: 24.17g (96.67%), Vitamin B6: 1.92mg (96.06%), Vitamin B3: 18.63mg (93.16%), Copper: 1.78mg (89.18%), Vitamin A: 3047.2IU (60.94%), Calcium: 590.56mg (59.06%), Vitamin E: 7.85mg (52.33%), Magnesium: 195mg (48.75%), Potassium: 1481.21mg (42.32%), Zinc: 5.52mg (36.79%), Vitamin B5: 3.63mg (36.29%), Vitamin D: 3.26µg (21.73%), Vitamin B12: 1.03µg (17.21%), Vitamin C: 13.57mg (16.45%), Vitamin K: 16.24µg (15.46%)