



Pistachio, Raspberry, and White Chocolate Biscotti

READY IN



45 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- 3 cups flour
- 2.5 teaspoons almond extract
- 2 teaspoons double-acting baking powder
- 2 tablespoons canola oil
- 3 large eggs
- 0.8 cup pistachios raw unsalted shelled
- 5 ounces strawberries dried chopped
- 0.5 teaspoon salt

- 8 ounces bittersweet chocolate white chopped (such as Lindt or Perugina)
- 1 cup sugar
- 0.5 cup chocolate white chopped (such as Lindt or Perugina)

Equipment

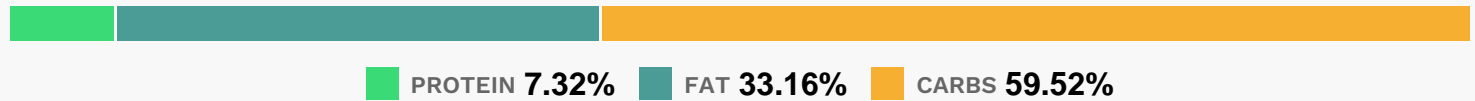
- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- microwave
- cutting board

Directions

- Preheat oven to 350°F. Line large baking sheet with parchment paper.
- Whisk flour, baking powder, and salt in medium bowl to blend. Using electric mixer, beat sugar, eggs, oil, and almond extract in large bowl until well blended.
- Add flour mixture and beat until smooth. Stir in pistachios, dried berries, and 1/2 cup chopped white chocolate. Drop dough by heaping tablespoonfuls in two 12-inch-long strips on prepared baking sheet, spacing strips 3 inches apart. Using wet fingertips, shape each strip into 3-inch-wide log, pressing evenly (logs may look slightly lumpy).
- Bake logs until lightly browned and almost firm to touch, about 30 minutes. Cool logs on sheet 30 minutes. Reduce oven temperature to 325°F.
- Carefully transfer logs to cutting board. Line same baking sheet with parchment paper.
- Cut each log crosswise into generous 1/2-inch-thick slices. Stand biscotti upright, spacing about 1/4 inch apart, in 3 rows on prepared baking sheet.
- Bake until pale golden (biscotti may be soft but will firm as they cool), about 20 minutes. Cool completely on baking sheet.
- Line another large baking sheet with parchment paper.

- Place 8 ounces chopped white chocolate in medium glass bowl.
- Place 8 ounces chopped bittersweet chocolate in another medium glass bowl, if desired. Microwave separately on medium in 20-second intervals just until chocolate is soft to touch, about 40 seconds total (do not overheat or chocolate will burn or seize). Stir chocolate until smooth.
- Dip 1 end or 1 side of each biscotti in chocolate; place on baking sheet. Chill until chocolate is set, about 30 minutes. (Can be made ahead. Arrange in single layer in airtight container and chill up to 5 days or freeze up to 2 weeks.)

Nutrition Facts



Properties

Glycemic Index:9.03, Glycemic Load:10.52, Inflammation Score:-1, Nutrition Score:3.6908695853275%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 148.58kcal (7.43%), Fat: 5.46g (8.4%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 20.7g (7.53%), Sugar: 12.07g (13.41%), Cholesterol: 16.26mg (5.42%), Sodium: 64.37mg (2.8%), Alcohol: 0.1g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.42mg (1.81%), Protein: 2.71g (5.42%), Manganese: 0.19mg (9.38%), Selenium: 5.64µg (8.05%), Vitamin B1: 0.11mg (7.26%), Copper: 0.13mg (6.58%), Iron: 1.12mg (6.24%), Phosphorus: 56.55mg (5.65%), Folate: 22.46µg (5.61%), Fiber: 1.35g (5.39%), Vitamin B2: 0.08mg (4.95%), Magnesium: 17.29mg (4.32%), Vitamin B3: 0.72mg (3.6%), Calcium: 29.27mg (2.93%), Vitamin B6: 0.06mg (2.92%), Zinc: 0.36mg (2.43%), Potassium: 84.7mg (2.42%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.22µg (1.16%)