



## Polenta Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



107 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 lb butter at room temperature
- 2 large eggs
- 2.5 cups flour all-purpose
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest grated
- 1 cup pecan halves
- 0.5 cup polenta

- 0.5 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla

## Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- spatula

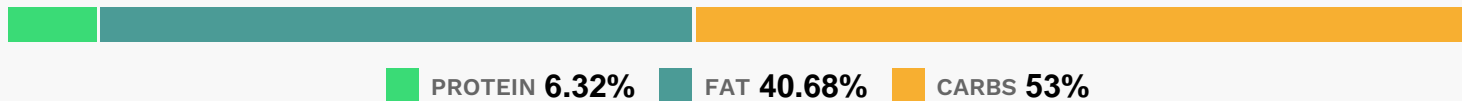
## Directions

- Spread pecans on a 10- by 15-inch baking sheet.
- Bake in a 325 oven until very slightly darker, about 10 minutes.
- Let cool; leave oven on.
- Meanwhile, in a large bowl, with a mixer on medium speed, beat butter and sugar until well blended.
- Add eggs, vanilla, lemon peel, and lemon juice and beat until combined.
- Add flour, polenta, baking powder, and salt and beat until combined (dough will be sticky). Stir in pecans.
- Divide dough in half and place portions several inches apart on a baking sheet lined with cooking parchment. Pat each into a log about 10 inches long, 2 inches wide, and 1 inch tall (moisten your hands with cold water if necessary to prevent sticking).
- Bake until logs start to turn golden at the edges, about 25 minutes. With a wide spatula, transfer to a wire rack and cool for 10 to 15 minutes.
- With a heavy, sharp knife, cut each log crosswise into 3/4-inch-thick slices.
- Place slices on their side on the cooking parchment-lined sheet. Return biscotti to oven and bake until golden on the bottom, about 20 minutes. Turn them over and continue baking until

cookies are crisp and golden on the other side, about 20 minutes longer.

Transfer biscotti to a rack to cool. Store airtight up to 2 weeks.

## Nutrition Facts



### Properties

Glycemic Index:8.25, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:2.4286956825982%

### Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

### Nutrients (% of daily need)

Calories: 107.38kcal (5.37%), Fat: 4.93g (7.59%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 13.91g (5.06%), Sugar: 5.74g (6.38%), Cholesterol: 17.11mg (5.7%), Sodium: 74.44mg (3.24%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 1.72g (3.45%), Manganese: 0.19mg (9.34%), Selenium: 4.34µg (6.2%), Vitamin B1: 0.09mg (6.05%), Folate: 18.18µg (4.55%), Vitamin B2: 0.06mg (3.68%), Iron: 0.57mg (3.15%), Vitamin B3: 0.58mg (2.88%), Phosphorus: 28.6mg (2.86%), Copper: 0.05mg (2.5%), Fiber: 0.55g (2.19%), Vitamin A: 100.09IU (2%), Magnesium: 6.36mg (1.59%), Calcium: 15.66mg (1.57%), Zinc: 0.23mg (1.56%), Vitamin B5: 0.12mg (1.2%)