



Power Biscotti



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 0.5 cup almonds sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup apricots dried chopped
- ☐ 3 large eggs
- ☐ 2 tablespoons flaxseeds
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup quick-cooking oats

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup wheat bran

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour and the next 7 ingredients (flour through baking powder) in a large bowl.
- ☐ Combine oil, extracts, and eggs; add to flour mixture, stirring until well-blended (dough will be dry and crumbly). Turn dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Divide the dough in half. Shape each portion into an 8-inch-long roll.
- ☐ Place the rolls 6 inches apart on a baking sheet coated with cooking spray; flatten each roll to 1-inch thickness.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove rolls from baking sheet; cool 10 minutes on a wire rack.
- ☐ Cut each roll diagonally into 15 (1/2-inch) slices.
- ☐ Place the slices, cut sides down, on baking sheet. Reduce oven temperature to 325; bake 10 minutes. Turn cookies over; bake an additional 10 minutes (the cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; cool completely on wire rack.

Nutrition Facts

  

 **PROTEIN 9.92%**  **FAT 19.63%**  **CARBS 70.45%**

Properties

Glycemic Index:13.98, Glycemic Load:11.71, Inflammation Score:-2, Nutrition Score:3.8473913033857%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.26kcal (5.11%), Fat: 2.27g (3.49%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 18.32g (6.11%), Net Carbohydrates: 17.11g (6.22%), Sugar: 8.02g (8.91%), Cholesterol: 18.6mg (6.2%), Sodium: 36.18mg (1.57%), Alcohol: 0.14g (100%), Alcohol %: 0.58% (100%), Protein: 2.58g (5.16%), Manganese: 0.27mg (13.65%), Selenium: 6.45µg (9.22%), Vitamin B1: 0.11mg (7.45%), Folate: 23.91µg (5.98%), Vitamin B2: 0.1mg (5.96%), Phosphorus: 54.38mg (5.44%), Iron: 0.9mg (5.01%), Fiber: 1.21g (4.84%), Magnesium: 18.88mg (4.72%), Vitamin B3: 0.83mg (4.17%), Vitamin E: 0.61mg (4.04%), Copper: 0.06mg (3.15%), Calcium: 28.46mg (2.85%), Zinc: 0.32mg (2.16%), Potassium: 73.58mg (2.1%), Vitamin A: 105.15IU (2.1%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.49%)