

Pumpkin Biscotti



Vegetarian



Low Fod Map

READY IN



205 min.

SERVINGS



20

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 3.5 cups baking mix all-purpose
- ☐ 6 tablespoons butter softened
- ☐ 1 cup pumpkin canned
- ☐ 2 large eggs
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 cup pumpkin seeds raw shelled
- ☐ 1 cup sugar

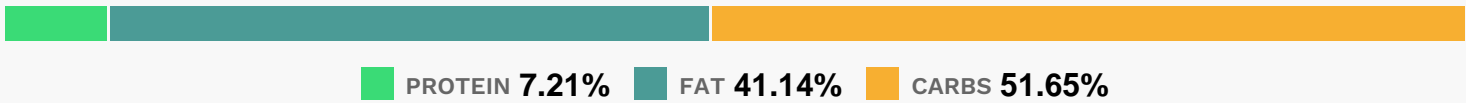
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Preheat oven to 32
- ☐ Bake pumpkin seeds in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool 10 minutes.
- ☐ Meanwhile, beat sugar and butter at medium speed with an electric mixer until creamy. Stir in canned pumpkin.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add baking mix and pumpkin pie spice, beating until blended.
- ☐ Gently fold pumpkin seeds into sugar mixture. Cover and freeze 1 hour or until firm.
- ☐ Divide dough in half. Shape each portion into a 12- x 3-inch slightly flattened log on a lightly greased baking sheet, using lightly floured hands.
- ☐ Bake at 325 for 35 minutes or until firm.
- ☐ Transfer to wire racks; cool completely (about 1 hour).
- ☐ Cut each log diagonally into 3/4-inch-thick slices with a serrated knife, using a gentle sawing motion.
- ☐ Place on greased baking sheets.
- ☐ Bake at 325 for 20 minutes; turn cookies over, and bake 20 more minutes.
- ☐ Transfer to wire racks; cool completely (about 30 minutes). Store in airtight containers up to 4 days.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:7, Inflammation Score:-8, Nutrition Score:6.8243479599123%

Nutrients (% of daily need)

Calories: 188.72kcal (9.44%), Fat: 8.79g (13.52%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 23.8g (8.65%), Sugar: 12.92g (14.36%), Cholesterol: 28.05mg (9.35%), Sodium: 303.16mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin A: 2040.56IU (40.81%), Phosphorus: 177.86mg (17.79%), Manganese: 0.28mg (14.22%), Vitamin B1: 0.14mg (9%), Folate: 32.12µg (8.03%), Vitamin B2: 0.13mg (7.64%), Magnesium: 28.1mg (7.03%), Iron: 1.19mg (6.59%), Vitamin B3: 1.17mg (5.85%), Selenium: 3.59µg (5.13%), Calcium: 48.2mg (4.82%), Copper: 0.09mg (4.71%), Fiber: 1.03g (4.13%), Vitamin K: 3.95µg (3.76%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.47mg (3.15%), Potassium: 95.45mg (2.73%), Vitamin E: 0.38mg (2.55%), Vitamin B12: 0.13µg (2.23%), Vitamin B6: 0.04mg (1.86%)