



Pumpkin Pecan Biscotti



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



36

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup brown sugar
- ☐ 2 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup pecans finely chopped

- ☐ 0.5 cup pumpkin puree
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
- ☐ Whisk together the flour, white sugar, brown sugar, baking powder, salt, cinnamon, nutmeg, and ginger in a large bowl until thoroughly combined.
- ☐ In a separate bowl, beat the eggs with pumpkin puree and vanilla extract; stir in pecans.
- ☐ Pour in the dry ingredients, and stir to make a stiff dough. Divide the dough in half, and form each half into a log about 10 inches long and 2 inches wide.
- ☐ Place the logs onto the parchment-lined baking sheet.
- ☐ Bake in the preheated oven until lightly browned, 25 to 30 minutes.
- ☐ Let the logs cool on the baking sheet for 5 minutes; remove to a work surface and slice the logs into individual cookies about 1/2-inch thick. Use a sharp knife and a light sawing motion to cut up the cookies.
- ☐ Place the cookies back onto the parchment-lined baking sheet.
- ☐ Return the cookies to the oven, and bake until lightly browned, about 8 minutes; turn the cookies over and bake until crisp, another 8 minutes.
- ☐ Let cool on wire racks.

Nutrition Facts



 **PROTEIN 7.66%**  **FAT 11.07%**  **CARBS 81.27%**

Properties

Glycemic Index:8.95, Glycemic Load:8.23, Inflammation Score:-4, Nutrition Score:2.4804347766482%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 73.03kcal (3.65%), Fat: 0.91g (1.39%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 14.49g (5.27%), Sugar: 7.32g (8.14%), Cholesterol: 9.09mg (3.03%), Sodium: 23.5mg (1.02%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.41g (2.82%), Vitamin A: 543.39IU (10.87%), Manganese: 0.12mg (6.12%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.46%), Folate: 19.25µg (4.81%), Vitamin B2: 0.06mg (3.65%), Iron: 0.6mg (3.35%), Vitamin B3: 0.59mg (2.97%), Phosphorus: 22.34mg (2.23%), Fiber: 0.47g (1.87%), Calcium: 17.22mg (1.72%), Copper: 0.03mg (1.53%), Magnesium: 4.54mg (1.13%), Vitamin B5: 0.1mg (1.04%)