



Pumpkin Pie Biscotti

 Dairy Free

READY IN



45 min.

SERVINGS



96

CALORIES



47 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.5 cup pumpkin canned mashed
- ☐ 2 large eggs lightly beaten
- ☐ 3.5 cups flour all-purpose
- ☐ 1.3 cups macadamia nuts coarsely chopped
- ☐ 2 teaspoons pumpkin pie spice

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vanilla extract

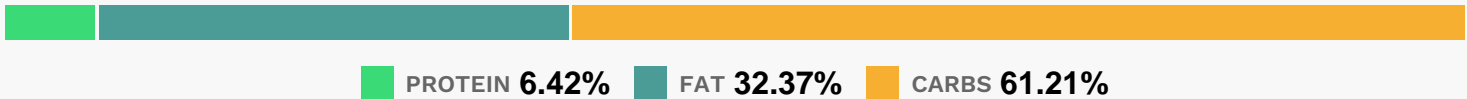
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ serrated knife

Directions

- ☐ Combine first 5 ingredients in a large bowl; stir well.
- ☐ Combine pumpkin, eggs, and vanilla, stirring well with a wire whisk. Slowly add pumpkin mixture to flour mixture, stirring until dry ingredients are moistened. (
- ☐ Mixture will be very crumbly; it will gradually become moist after stirring.)
- ☐ Melt butter in a large skillet over medium heat; add macadamia nuts. Cook, stirring constantly, until nuts are browned.
- ☐ Remove from heat, and cool completely. Knead or gently stir cooled nuts into dough.
- ☐ Place dough on a lightly floured surface, and divide into 4 portions. Lightly flour hands, and shape each portion into a 1" x 15" log.
- ☐ Place logs 3" apart on lightly greased large cookie sheets.
- ☐ Bake at 350 for 23 minutes; cool logs 15 minutes. Reduce oven temperature to 30
- ☐ Cut each log crosswise into 1/2" slices, using a serrated knife.
- ☐ Place slices on ungreased cookie sheets.
- ☐ Bake at 300 for 15 minutes. Cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:1.84, Glycemic Load:2.55, Inflammation Score:-2, Nutrition Score:1.4543478265405%

Nutrients (% of daily need)

Calories: 46.78kcal (2.34%), Fat: 1.71g (2.63%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.96g (2.53%), Sugar: 3.49g (3.88%), Cholesterol: 3.88mg (1.29%), Sodium: 26.41mg (1.15%), Alcohol: 0.05g (100%), Alcohol %: 0.47% (100%), Protein: 0.76g (1.53%), Manganese: 0.11mg (5.73%), Vitamin A: 214.76IU (4.3%), Vitamin B1: 0.06mg (3.83%), Selenium: 1.98µg (2.83%), Folate: 9.22µg (2.31%), Iron: 0.35mg (1.97%), Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.32mg (1.62%), Phosphorus: 12.8mg (1.28%), Fiber: 0.32g (1.27%), Copper: 0.02mg (1.19%), Calcium: 11.23mg (1.12%), Magnesium: 4.1mg (1.03%)