



## Savory Cheese Biscotti

READY IN



45 min.

SERVINGS



24

CALORIES



65 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon basil dried
- 3 egg whites
- 2 cups flour all-purpose
- 2 tablespoons butter melted
- 0.5 cup nonfat cream sour
- 1 teaspoon salt
- 2 ounces cheddar cheese smoked shredded
- 1 teaspoon sugar

2 tablespoons cornmeal yellow

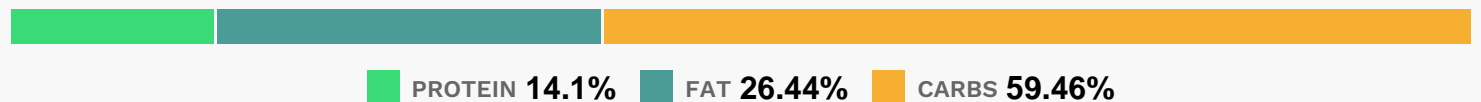
## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack

## Directions

- Combine first 6 ingredients in a large bowl.
- Combine sour cream and next 2 ingredients in a small bowl; stir with a wire whisk until blended. Stir in cheese; add to flour mixture, stirring until well-blended (dough will be crumbly).
- Turn the dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll.
- Place roll on a baking sheet coated with cooking spray, and flatten roll to 1-inch thickness.
- Bake at 350 for 30 minutes.
- Remove roll from baking sheet to a wire rack, and let cool 10 minutes.
- Cut roll diagonally into 24 (1/2-inch) slices, and place, cut sides down, on baking sheet. Reduce oven temperature to 325, and bake 15 minutes. Turn slices over, and bake an additional 15 minutes (biscotti will be slightly soft in center but will harden as they cool).
- Remove from baking sheet; let cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:13.86, Glycemic Load:6.29, Inflammation Score:-1, Nutrition Score:2.2265217394932%

## Nutrients (% of daily need)

Calories: 65.42kcal (3.27%), Fat: 1.9g (2.92%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9.25g (3.37%), Sugar: 0.26g (0.29%), Cholesterol: 2.79mg (0.93%), Sodium: 154.25mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Selenium: 5.26µg (7.51%), Vitamin B1: 0.09mg (5.81%), Folate: 20.6µg (5.15%), Vitamin B2: 0.09mg (5.12%), Manganese: 0.08mg (3.97%), Calcium: 35.24mg (3.52%), Phosphorus: 33.04mg (3.3%), Vitamin B3: 0.65mg (3.23%), Iron: 0.55mg (3.07%), Vitamin A: 77.78IU (1.56%), Fiber: 0.37g (1.47%), Zinc: 0.21mg (1.42%), Magnesium: 4.94mg (1.24%)