



Savory Two-Cheese Biscotti

READY IN



45 min.

SERVINGS



24

CALORIES



89 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 ounces cheddar cheese shredded
- ☐ 3 large eggs
- ☐ 0.3 cup skim milk fat-free
- ☐ 2.8 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons olive oil
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.8 teaspoon salt

Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through pepper) in a large bowl.
- ☐ Combine milk, oil, and eggs; stir with a whisk.
- ☐ Add milk mixture to flour mixture, stirring until well blended (dough will be dry and crumbly). Turn out onto a lightly floured surface; knead 8 times. Divide dough in half. Shape each portion into an 8-inch-long roll.
- ☐ Place rolls, 6 inches apart, on a baking sheet coated with cooking spray; flatten to 1-inch thickness.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from baking sheet; cool 10 minutes on wire rack.
- ☐ Reduce oven temperature to 325
- ☐ Cut each roll diagonally into 12 (2/3-inch) slices.
- ☐ Place slices, cut sides down, on baking sheet.
- ☐ Bake at 325 for 10 minutes. Turn biscotti over; bake an additional 10 minutes (biscotti will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet; cool completely on wire rack.

Nutrition Facts



 **PROTEIN 18.4%**  **FAT 29.69%**  **CARBS 51.91%**

Properties

Glycemic Index:11.93, Glycemic Load:8.08, Inflammation Score:-2, Nutrition Score:3.5765217421171%

Nutrients (% of daily need)

Calories: 88.85kcal (4.44%), Fat: 2.89g (4.44%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.97g (3.99%), Sugar: 0.22g (0.25%), Cholesterol: 28.48mg (9.49%), Sodium: 179.25mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Selenium: 8.36µg (11.95%), Calcium: 81.71mg (8.17%), Vitamin B1: 0.12mg (7.89%), Folate: 30.13µg (7.53%), Vitamin B2: 0.13mg (7.43%), Phosphorus: 70.56mg (7.06%), Manganese: 0.1mg (5.05%), Iron: 0.84mg (4.67%), Vitamin B3: 0.86mg (4.32%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.14µg (2.27%), Vitamin A: 101.58IU (2.03%), Vitamin B5: 0.19mg (1.93%), Magnesium: 6.33mg (1.58%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.36%), Vitamin D: 0.19µg (1.24%), Vitamin B6: 0.02mg (1.18%), Vitamin E: 0.16mg (1.07%)