



Speckled Biscotti

READY IN



45 min.

SERVINGS



54

CALORIES



140 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 ounce cranberries dried ()
- 1 egg yolk
- 2 large eggs
- 4.5 cups flour all-purpose
- 0.5 cup pecans toasted chopped
- 0.5 teaspoon salt
- 0.5 cup semisweet chocolate morsels

- 0.5 cup cup heavy whipping cream sour
- 1.5 cups sugar
- 54 servings additional sugar
- 0.7 cup vegetable oil
- 2 teaspoons water

Equipment

- baking sheet
- oven
- blender
- hand mixer
- cutting board

Directions

- Combine first 4 ingredients; stir well.
- Combine sugar, oil, and eggs; beat at medium speed of a heavy-duty electric mixer until blended. Gradually add flour mixture alternately with sour cream, beginning and ending with flour mixture. Gently stir or knead in pecans, chocolate morsels, and cranberries.
- Turn dough out onto a lightly floured surface. Divide dough into 3 portions. Shape each portion into a 14" log; place logs several inches apart on a lightly greased large cookie sheet.
- Combine egg yolk and water; brush lightly over each log.
- Sprinkle each log with additional sugar.
- Bake at 350 for 30 minutes.
- Let logs cool 30 minutes on cookie sheet. (This will make slicing easier.)
- Transfer logs to a cutting board, and cut diagonally into 3/4" slices.
- Place slices on two ungreased cookie sheets. Reduce oven temperature to 300
- Bake at 300 for 15 to 20 minutes or just until firm.
- Let cool completely on wire racks. Store in an airtight container up to 1 week, or freeze up to 1 month.

Note: If you don't own a heavy mixer, you can use a hand-held mixer until it's time to add flour; then you'll probably have to stir the last two cups of flour in by hand with a sturdy spoon.

Nutrition Facts

PROTEIN 4.51% **FAT 17.37%** **CARBS 78.12%**

Properties

Glycemic Index:5.87, Glycemic Load:18.03, Inflammation Score:-1, Nutrition Score:2.3769565059439%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg 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 Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 139.72kcal (6.99%), Fat: 2.76g (4.24%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 27.3g (9.93%), Sugar: 19.43g (21.58%), Cholesterol: 11.85mg (3.95%), Sodium: 43.61mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.14mg (7.22%), Selenium: 4.66µg (6.66%), Vitamin B1: 0.09mg (6.06%), Folate: 20.77µg (5.19%), Vitamin B2: 0.07mg (4.19%), Iron: 0.68mg (3.78%), Vitamin B3: 0.65mg (3.26%), Phosphorus: 26.71mg (2.67%), Copper: 0.05mg (2.61%), Fiber: 0.6g (2.38%), Magnesium: 6.98mg (1.75%), Zinc: 0.2mg (1.37%), Vitamin K: 1.34µg (1.27%), Calcium: 11.61mg (1.16%), Vitamin B5: 0.11mg (1.08%)