

Spring Biscotti

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



142 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup butter
- 0.5 cup cranberries dried
- 1 egg white
- 2 eggs
- 2 cups flour all-purpose
- 1 tablespoon orange zest
- 1.3 cups pistachios

- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 2 ounces chocolate white chopped
- 0.8 cup sugar white

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- wooden spoon
- cutting board

Directions

- In a large bowl, cream together butter, sugar, orange zest, and vanilla with an electric mixer until light and fluffy.
- Mix in eggs and egg white one at a time, beating well after each addition. Sift together the flour, baking powder, and salt; gradually blend into the creamed mixture using a wooden spoon. Stir in the white chocolate, dried cranberries, and pistachios. Cover, and chill for 30 minutes, or until dough is no longer sticky.
- Preheat oven to 325 degrees F (165 degrees C). Line a baking sheet with parchment paper.
- Turn dough out on a lightly floured surface, and divide into halves. Form each half into a flattish log about 12 inches long by 3 inches wide. Arrange logs at least 3 inches apart on baking sheet.
- Bake for 30 minutes in preheated oven, or until pale gold. Allow logs to cool on the baking sheet until cool enough to handle. On a cutting board, cut logs crosswise on a diagonal into 1 inch thick slices. Arrange on baking sheet.
- Bake for an additional 15 minutes, or until golden.
- Transfer biscotti to wire racks, and cool completely. Store in an airtight container at room temperature.

Nutrition Facts

PROTEIN 8.62% FAT 37.58% CARBS 53.8%

Properties

Glycemic Index:15.63, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:3.7491304589354%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 141.96kcal (7.1%), Fat: 6.08g (9.36%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 19.6g (6.54%), Net Carbohydrates: 18.5g (6.73%), Sugar: 10.02g (11.13%), Cholesterol: 19.22mg (6.41%), Sodium: 75.81mg (3.3%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 3.14g (6.28%), Vitamin B1: 0.14mg (9.42%), Selenium: 5.54µg (7.92%), Manganese: 0.16mg (7.82%), Vitamin B6: 0.12mg (6.13%), Folate: 24.41µg (6.1%), Phosphorus: 60.55mg (6.06%), Vitamin B2: 0.09mg (5.51%), Copper: 0.1mg (5.25%), Iron: 0.85mg (4.71%), Fiber: 1.11g (4.43%), Vitamin B3: 0.74mg (3.69%), Calcium: 31.11mg (3.11%), Magnesium: 11.19mg (2.8%), Potassium: 93.3mg (2.67%), Vitamin E: 0.32mg (2.16%), Vitamin A: 107.24IU (2.14%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.16mg (1.61%)