



Toasted Coconut-Almond Biscotti

 Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



177 kcal

DESSERT

Ingredients

- 1 cup coconut flakes flaked toasted
- 2 eggs
- 0.3 cup flour all-purpose gold medal®
- 6 oz semi chocolate chips
- 1 tablespoon shortening
- 0.5 cup slivered almonds toasted chopped
- 1 tablespoon vegetable oil
- 1 box cake mix white betty crocker® supermoist®

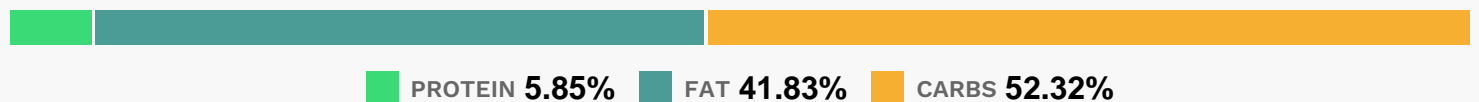
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 350°F (325°F for dark or nonstick cookie sheet). In large bowl, mix cake mix, flour, oil and eggs with spoon until dough forms. Stir in coconut and almonds, using hands if necessary.
- On ungreased cookie sheet, shape dough into 15x4-inch rectangle, using greased hands.
- Bake 21 to 27 minutes or until golden brown. Cool on cookie sheet on cooling rack 15 minutes.
- Cut rectangle crosswise into 1/2-inch slices.
- Place slices, cut sides down, on cookie sheet.
- Bake 10 to 12 minutes longer or until edges are deep golden brown. Cool 5 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- In 1-quart saucepan, heat chocolate chips and shortening over low heat, stirring constantly, until chocolate is melted.
- Drizzle chocolate over cookies, or dip one end of each cookie into chocolate.
- Let stand about 30 minutes or until chocolate is set. Store covered.

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:0.74, Inflammation Score:-2, Nutrition Score:4.6226086990665%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.28kcal (8.86%), Fat: 8.38g (12.89%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 21.88g (7.96%), Sugar: 12.04g (13.38%), Cholesterol: 14.07mg (4.69%), Sodium: 156.58mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.64g (5.28%), Manganese: 0.3mg (14.83%), Phosphorus: 117.81mg (11.78%), Copper: 0.16mg (8.09%), Selenium: 4.76µg (6.8%), Fiber: 1.7g (6.79%), Iron: 1.19mg (6.63%), Vitamin E: 0.94mg (6.26%), Magnesium: 24.83mg (6.21%), Calcium: 60.8mg (6.08%), Vitamin B2: 0.1mg (6.04%), Folate: 20.49µg (5.12%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.76mg (3.78%), Zinc: 0.48mg (3.23%), Potassium: 95.72mg (2.73%), Vitamin K: 2.44µg (2.33%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.03mg (1.45%)