



Toasted Hazelnut-Almond Biscotti

 Dairy Free

READY IN



105 min.

SERVINGS



30

CALORIES



176 kcal

DESSERT

Ingredients

- 2 tablespoons almond liqueur (recommended: Amaretto)
- 0.3 teaspoon almond extract pure
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 12 ounces bittersweet chocolate with a heavy knife cut into small chunks
- 0.3 cup blanched almonds and whole toasted
- 2 eggs
- 2 cups flour

- 1.5 cups hazelnuts whole peeled toasted
- 0.3 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract pure
- 1 tablespoons up water

Equipment

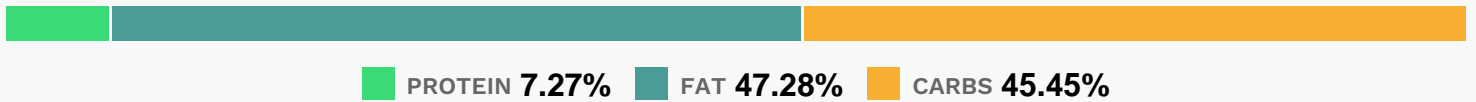
- food processor
- frying pan
- oven
- whisk
- cutting board
- serrated knife

Directions

- Heat oven to 375 degrees F. Grease a large sheet pan. Sift the flour, baking powder, baking soda, salt, and sugar together.
- Transfer 1/2 cup of the mixture to a food processor.
- Add the toasted almonds and grind until fine and powdery, about 45 seconds.
- Add to the dry ingredients.
- Add the chopped chocolate and whole hazelnuts and mix.
- Whisk the eggs, extracts, and almond liqueur together.
- Add to the dry ingredients and mix. The dough may seem dry, but it will come together as you work it. If the dough doesn't come together, add water. Turn the dough out onto a lightly floured surface and divide into 2 equal pieces. Wet your hands and roll each piece of dough into a flattened log about 10 inches long, 3 inches wide, and 1-inch high.
- Transfer the logs to the pan, leaving at least 3 inches between the logs (they will spread during baking).
- Bake until golden brown, 25 to 30 minutes, rotating the pan after 15 minutes to ensure even baking.

- Let cool 30 minutes.
- Reduce the oven temperature to 300 degrees. Carefully transfer the logs to a cutting board. Wipe off the sheet pan and grease it again.
- Using a serrated knife, cut the logs on the diagonal into 1/2-inch-thick slices, discarding the ends. Arrange the slices cut side up on the sheet pan.
- Bake until toasted, 20 to 25 minutes. Turn the oven off, prop the oven door open, and let cool completely in the oven to set the chocolate. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.74, Glycemic Load:9.34, Inflammation Score:-2, Nutrition Score:5.9043478317883%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 176.1kcal (8.81%), Fat: 9.44g (14.52%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 18.47g (6.72%), Sugar: 11.22g (12.47%), Cholesterol: 11.59mg (3.86%), Sodium: 50.53mg (2.2%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 9.75mg (3.25%), Protein: 3.26g (6.53%), Manganese: 0.62mg (30.99%), Copper: 0.28mg (14.03%), Vitamin E: 1.5mg (10.02%), Magnesium: 37.49mg (9.37%), Iron: 1.52mg (8.43%), Fiber: 1.94g (7.74%), Vitamin B1: 0.11mg (7.52%), Phosphorus: 73.05mg (7.3%), Selenium: 4.93µg (7.05%), Folate: 24.38µg (6.1%), Vitamin B2: 0.09mg (5.05%), Zinc: 0.61mg (4.04%), Vitamin B3: 0.77mg (3.85%), Potassium: 132.5mg (3.79%), Calcium: 25.86mg (2.59%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.18mg (1.78%), Vitamin K: 1.7µg (1.62%)