



Tozzetti

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



28

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 1.3 cups blanched almonds and
- 2 large eggs
- 0.3 teaspoon kosher salt
- 0.8 cup sugar
- 0.3 cup butter unsalted room temperature ()

Equipment

- bowl

- baking sheet
- oven
- whisk
- wire rack
- hand mixer
- serrated knife

Directions

- Preheat oven to 325°.
- Whisk baking powder, salt, and 1 3/4 cups flour in a medium bowl; set aside. Using an electric mixer on medium-high, beat sugar and butter in a medium bowl until creamy, about 2 minutes.
- Add eggs one at a time, beating to blend between additions and occasionally scraping sides of bowl, until combined. Reduce speed to low, add dry ingredients, and mix just to blend. Fold in almonds.
- Transfer dough to a lightly floured work surface and knead just to bring together, about 2 times. Form into a log about 14" long, 2" wide, and 1" thick.
- Place log on a parchment-lined baking sheet.
- Bake until puffed, cracked in spots, and starting to brown, 25–30 minutes.
- Transfer baking sheet to a wire rack and let log cool.
- Using a serrated knife, slice log diagonally 1/2" thick. Arrange slices on same sheet; bake until golden brown, 15–20 minutes. Turn and bake until other side is golden brown, 5–10 minutes longer.
- Transfer baking sheet to a wire rack.
- Let tozzetti cool.
- DO AHEAD: Tozzetti can be made 1 week ahead. Store airtight at room temperature

Nutrition Facts


PROTEIN 8.62% **FAT 57.55%** **CARBS 33.83%**

Properties

Glycemic Index: 5.79, Glycemic Load: 3.85, Inflammation Score: -1, Nutrition Score: 2.1256521771783%

Nutrients (% of daily need)

Calories: 73.42kcal (3.67%), Fat: 4.93g (7.59%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.97g (2.17%), Sugar: 5.62g (6.24%), Cholesterol: 17.64mg (5.88%), Sodium: 72.6mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin E: 1.41mg (9.4%), Manganese: 0.1mg (5.19%), Phosphorus: 43.79mg (4.38%), Calcium: 40.91mg (4.09%), Magnesium: 15.54mg (3.89%), Vitamin B2: 0.06mg (3.39%), Copper: 0.06mg (3.03%), Fiber: 0.55g (2.21%), Selenium: 1.33µg (1.9%), Iron: 0.3mg (1.64%), Zinc: 0.21mg (1.43%), Vitamin A: 70.33IU (1.41%), Potassium: 42.39mg (1.21%), Folate: 4.47µg (1.12%)