



## Tuscan Almond Biscotti

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



106 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 2 large eggs
- 7.8 ounces flour all-purpose
- 0.3 teaspoon salt
- 1 cup sugar
- 1 cup almonds whole toasted

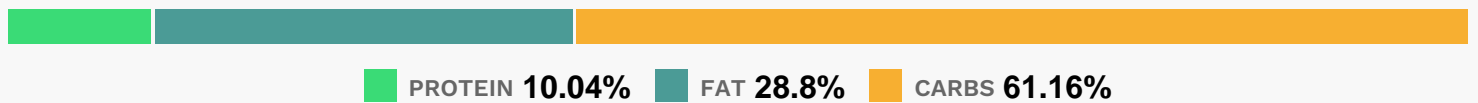
### Equipment

- food processor
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- measuring cup

## Directions

- Preheat oven to 37
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, baking powder, and salt in a large bowl.
- Place almonds in a food processor; pulse 10 times. Stir nuts into flour mixture.
- Combine eggs and extract, stirring well with a whisk.
- Add egg mixture to flour mixture, stirring just until blended (dough will be crumbly). Turn dough out onto a lightly floured surface; knead lightly 7 or 8 times. Divide dough into 2 equal portions. Shape each portion into a 6-inch-long roll.
- Place the rolls 6 inches apart on a baking sheet coated with cooking spray, and pat to 1-inch thickness.
- Bake at 375 for 25 minutes or until lightly browned. Cool for 5 minutes on a wire rack.
- Cut each roll crosswise into 12 (1/2-inch) slices. Stand slices upright on baking sheet.
- Bake 14 minutes (the cookies will be slightly soft in the center but will harden as they cool).
- Remove from baking sheet, and cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:10.3, Glycemic Load:10.97, Inflammation Score:-1, Nutrition Score:3.576956519938%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 106.19kcal (5.31%), Fat: 3.49g (5.36%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.67g (5.7%), Sugar: 8.63g (9.59%), Cholesterol: 15.5mg (5.17%), Sodium: 48.14mg (2.09%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 2.73g (5.47%), Vitamin E: 1.57mg (10.5%), Manganese: 0.2mg (10.02%), Vitamin B2: 0.13mg (7.87%), Selenium: 4.68µg (6.68%), Vitamin B1: 0.09mg (5.72%), Folate: 21.33µg (5.33%), Phosphorus: 50.45mg (5.05%), Magnesium: 18.66mg (4.66%), Iron: 0.74mg (4.12%), Fiber: 0.99g (3.97%), Copper: 0.08mg (3.91%), Vitamin B3: 0.76mg (3.8%), Calcium: 29.64mg (2.96%), Zinc: 0.3mg (2.03%), Potassium: 59.55mg (1.7%), Vitamin B5: 0.13mg (1.32%)