



White Chocolate-Apricot Biscotti

READY IN



80 min.

SERVINGS



20

CALORIES



247 kcal

DESSERT

Ingredients

- 1 tsp almond extract
- 0.8 cup planters almonds toasted coarsely chopped
- 3 oz baker's chocolate white melted
- 0.5 cup butter (1 stick)
- 2.5 tsp calumet baking powder
- 0.8 cup apricots dried coarsely chopped
- 2 eggs
- 3.3 cups flour
- 0.3 cup orange juice

- 1 tsp salt
- 1.5 cups sugar

Equipment

- bowl
- baking sheet
- oven
- blender
- cutting board

Directions

- Heat oven to 350F. Beat butter and sugar in large bowl with mixer until light and fluffy. Blend in eggs, chocolate, juice and extract.
- Add flour, baking powder and salt; mix well. Stir in remaining ingredients.
- Shape 1/2 of dough into 15x2-inch log on center of each of 2 greased and lightly floured baking sheets.
- Bake 30 min or until golden brown.
- Remove from oven; cool 10 min. on wire racks.
- Place on cutting board.
- Cut each log into 16 slices; place, cut-sides down, on baking sheets.
- Bake an additional 20 min., turning over after 15 min.
- Remove to wire racks; cool completely.

Nutrition Facts



PROTEIN 6.79% **FAT 33.24%** **CARBS 59.97%**

Properties

Glycemic Index:20.12, Glycemic Load:24.71, Inflammation Score:-4, Nutrition Score:6.3373913453973%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 246.83kcal (12.34%), Fat: 9.31g (14.32%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 36.18g (13.16%), Sugar: 20.67g (22.97%), Cholesterol: 17.26mg (5.75%), Sodium: 247.26mg (10.75%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 4.28g (8.55%), Manganese: 0.28mg (13.8%), Selenium: 8.85µg (12.64%), Vitamin E: 1.86mg (12.4%), Vitamin B2: 0.2mg (11.96%), Vitamin B1: 0.18mg (11.93%), Folate: 43.37µg (10.84%), Phosphorus: 82.93mg (8.29%), Vitamin A: 409.98IU (8.2%), Iron: 1.44mg (8.01%), Vitamin B3: 1.57mg (7.85%), Calcium: 70.09mg (7.01%), Fiber: 1.59g (6.36%), Magnesium: 22.25mg (5.56%), Copper: 0.11mg (5.48%), Potassium: 145.17mg (4.15%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.24mg (2.43%), Vitamin C: 1.63mg (1.98%), Vitamin B6: 0.03mg (1.75%), Vitamin B12: 0.07µg (1.14%)