



White Chocolate-Cashew Coffee Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 3 ounces chocolate white chopped
- ☐ 1 large egg whites
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup coffee instant
- ☐ 0.8 cup roasted cashews coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

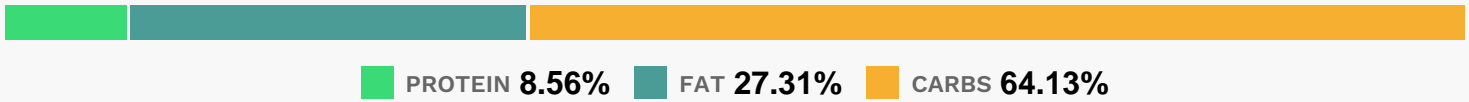
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ ziploc bags
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place first 6 ingredients in a large bowl, and beat with a mixer at medium speed until well blended.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, instant coffee granules, cocoa, baking soda, ground cinnamon, salt, and ground nutmeg; gradually add to sugar mixture, beating until well blended. Stir in the cashews. Turn dough out onto a lightly floured surface; knead lightly 7 times. Divide dough in half. Shape each portion into a 12-inch-long roll.
- ☐ Place rolls on a baking sheet coated with cooking spray; pat to 3/4-inch thickness.

- ☐ Sprinkle rolls evenly with 1 tablespoon granulated sugar.
- ☐ Bake at 350 for 22 minutes.
- ☐ Remove rolls from baking sheet; cool 10 minutes on a wire rack.
- ☐ Cut each roll diagonally into 21 (1/2-inch) slices. Carefully stand slices upright on baking sheet. Reduce oven temperature to 325; bake 20 minutes (the cookies will be slightly soft in center but will harden as they cool).
- ☐ Remove from baking sheet, and cool completely on wire rack.
- ☐ Place chocolate in a small heavy-duty zip-top plastic bag; microwave at high 1 minute or until the chocolate is soft. Knead bag until smooth. Snip a tiny hole in corner of bag; drizzle chocolate over biscotti.

Nutrition Facts



Properties

Glycemic Index:9.77, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:2.4547826314912%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 87kcal (4.35%), Fat: 2.69g (4.14%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.8g (5.02%), Sugar: 6.57g (7.3%), Cholesterol: 10.72mg (3.57%), Sodium: 52.6mg (2.29%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Caffeine: 45.04mg (15.01%), Protein: 1.9g (3.8%), Selenium: 4.07µg (5.82%), Manganese: 0.12mg (5.8%), Vitamin B3: 0.9mg (4.5%), Vitamin B1: 0.07mg (4.4%), Copper: 0.09mg (4.26%), Folate: 16.76µg (4.19%), Magnesium: 15.29mg (3.82%), Vitamin B2: 0.06mg (3.79%), Iron: 0.67mg (3.74%), Phosphorus: 35.61mg (3.56%), Potassium: 91.39mg (2.61%), Zinc: 0.27mg (1.78%), Fiber: 0.42g (1.7%), Calcium: 12.71mg (1.27%), Vitamin B5: 0.12mg (1.19%), Vitamin K: 1.15µg (1.1%)