



White Chocolate-Cherry Biscotti Sweethearts

READY IN



54 min.

SERVINGS



26

CALORIES



178 kcal

DESSERT

Ingredients

- 12 oz baker's chocolate white divided chopped
- 0.5 cup butter softened
- 1.5 tsp calumet baking powder
- 0.5 cup cherries dried
- 2 eggs
- 2 cups flour
- 0.5 cup planters pecans chopped
- 0.5 cup sugar
- 1 tsp vanilla

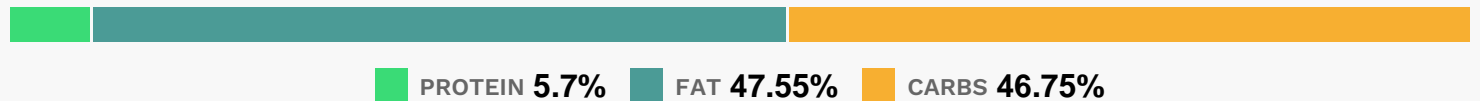
Equipment

- bowl
- baking sheet
- oven
- blender
- cookie cutter

Directions

- Heat oven to 325F.
- Mix flour and baking powder. Beat butter and sugar in large bowl with mixer until light and fluffy. Blend in eggs and vanilla. Gradually add flour mixture, beating after each addition until well blended. Stir in cherries, nuts and 1-1/2 cups chocolate.
- Roll out dough to 1/4-inch thickness on floured surface.
- Cut into heart shapes with 3-inch cookie cutter, rerolling dough scraps.
- Place cutouts, 2 inches apart, on baking sheets sprayed with cooking spray.
- Bake 10 to 12 min. or until lightly browned; turn.
- Bake 10 to 12 min. or until slightly dry and golden brown.
- Remove to wire racks; cool completely.
- Melt remaining chocolate as directed on package; drizzle over cookies.
- Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:3.2491304275134%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 177.75kcal (8.89%), Fat: 9.51g (14.64%), Saturated Fat: 3.51g (21.91%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.35g (7.4%), Sugar: 12.9g (14.33%), Cholesterol: 15.34mg (5.11%), Sodium: 88.94mg (3.87%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.57g (5.13%), Manganese: 0.15mg (7.69%), Selenium: 4.98µg (7.12%), Vitamin B1: 0.1mg (6.54%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 52.72mg (5.27%), Vitamin A: 262.17IU (5.24%), Folate: 20.57µg (5.14%), Calcium: 51.12mg (5.11%), Iron: 0.66mg (3.65%), Vitamin B3: 0.69mg (3.46%), Fiber: 0.69g (2.75%), Copper: 0.05mg (2.37%), Vitamin E: 0.33mg (2.19%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.11µg (1.8%), Potassium: 62.39mg (1.78%), Magnesium: 6.62mg (1.66%), Vitamin K: 1.3µg (1.23%), Vitamin B6: 0.02mg (1.09%)