



Almond Florentines

READY IN



45 min.

SERVINGS



48

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 9 oz g almonds flaked
- ☐ 2 tsp g baking powder
- ☐ 1 tsp baking soda
- ☐ 0.8 th cup / 150g brown sugar
- ☐ 8 oz g chocolate dark
- ☐ 2 cups g chocolate chips
- ☐ 2 egg whites
- ☐ 2 large eggs
- ☐ 5.5 oz g/ 1cup+1tbsp flour

- ☐ 140 g icing sugar
- ☐ 8 oz g/ 1cup+2tbsp caster sugar
- ☐ 1 tsp ml vanilla extract
- ☐ 4 oz g
- ☐ 1.8 oz g

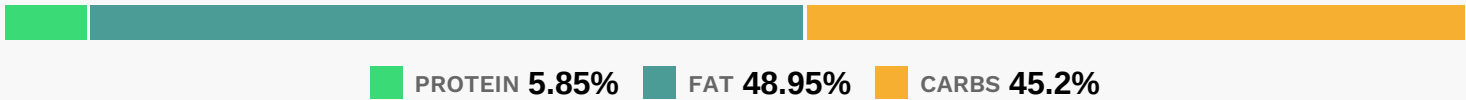
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ palette knife

Directions

- ☐ Preheat the oven to 150°C/290°F. Line a baking tray with either parchment or silicone baking mat. In a bowl, mix together the egg whites and icing sugar. Stir in the flaked almonds. Spoon the almond blobs on the baking sheet, flattening it with the spoon as you go.
- ☐ Bake for 6–8 minutes until they’re golden brown.
- ☐ Let it cool on the baking sheet for a bit. Then use a palette knife to remove the biscuits from the sheet. Eat up or store in a jar for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:5.57, Inflammation Score:-2, Nutrition Score:3.9808695795743%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

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Nutrients (% of daily need)

Calories: 161.23kcal (8.06%), Fat: 9.11g (14.02%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.29g (6.29%), Sugar: 13.29g (14.77%), Cholesterol: 12.97mg (4.32%), Sodium: 68.16mg (2.96%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.16mg (2.05%), Protein: 2.45g (4.9%), Manganese: 0.28mg (13.83%), Vitamin E: 1.47mg (9.79%), Copper: 0.18mg (9.22%), Magnesium: 31.5mg (7.87%), Fiber: 1.65g (6.6%), Iron: 1.12mg (6.21%), Phosphorus: 60.3mg (6.03%), Vitamin B2: 0.1mg (5.89%), Selenium: 2.75µg (3.93%), Calcium: 38.1mg (3.81%), Potassium: 119.18mg (3.41%), Zinc: 0.45mg (2.97%), Vitamin B1: 0.04mg (2.65%), Folate: 9.71µg (2.43%), Vitamin B3: 0.46mg (2.3%), Vitamin A: 72.18IU (1.44%)