



Almond-Oat Lace Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



89 kcal

DESSERT

Ingredients

- 0.5 cup almonds unsalted whole with skins
- 4 ounces bittersweet chocolate melted
- 1 tablespoon flour all-purpose
- 1.5 teaspoons honey
- 0.3 teaspoon kosher salt
- 2 tablespoons brown sugar light packed ()
- 2 tablespoons oats
- 6 tablespoons caster sugar
- 6 tablespoons butter unsalted ()

Equipment

- food processor
- sauce pan
- baking paper
- oven
- whisk
- pastry brush

Directions

- Arrange racks in lower and upper thirds of oven; preheat to 350°F. Line 2 rimless baking sheets with parchment paper. Pulse almonds and oats in a food processor until coarse meal forms. Set aside.
- Melt butter in a medium saucepan over medium heat.
- Add both sugars and honey; whisk until blended and sugar dissolves, 1–2 minutes.
- Remove from heat.
- Add nut mixture, flour, and salt; stir until well blended.
- Spoon batter by 2-teaspoon portions onto baking sheets, spacing 2 1/2" apart. Using your fingertips, pat cookies down to 1/4"-high rounds; push in any jagged edges to form smooth circles.
- Bake, rotating sheets after 6 minutes, until dark golden brown and cookies spread out into a thin layer, 10–12 minutes. Slide cookies on parchment onto a wire rack and let cool.
- Using a pastry brush, brush half of each cookie with melted chocolate.
- Let stand until the chocolate is set, about 2 hours. DO AHEAD: Can be made 2 days ahead. Store airtight between sheets of parchment or waxed paper.
- Bon Appétit

Nutrition Facts

 PROTEIN 4.57%  FAT 60.5%  CARBS 34.93%

Properties

Glycemic Index:10.31, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:1.9643478400033%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.41kcal (4.47%), Fat: 6.18g (9.51%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.22g (2.62%), Sugar: 6.2g (6.88%), Cholesterol: 7.81mg (2.6%), Sodium: 25.47mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.05g (2.1%), Manganese: 0.15mg (7.61%), Vitamin E: 0.87mg (5.83%), Copper: 0.09mg (4.67%), Magnesium: 17.29mg (4.32%), Fiber: 0.81g (3.24%), Phosphorus: 29.9mg (2.99%), Iron: 0.46mg (2.53%), Vitamin B2: 0.04mg (2.38%), Vitamin A: 89.86IU (1.8%), Zinc: 0.24mg (1.62%), Potassium: 53.23mg (1.52%), Calcium: 12.99mg (1.3%), Selenium: 0.84µg (1.2%)