



Blackberry Financiers

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 2 cups blackberries fresh frozen thawed halved (or ,)
- ☐ 5 large egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 0.5 cup butter unsalted

Equipment

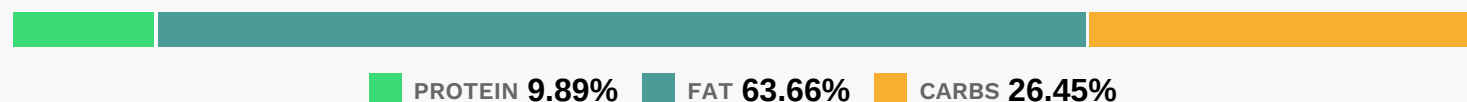
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Melt butter in a medium saucepan over medium heat. Simmer until browned bits begin to form. Continue to simmer, frequently scraping up browned bits at bottom of pan, until fragrant and dark brown but not burnt, 6–7 minutes. Scrape butter and all browned bits into a medium bowl.
- ☐ Let cool for 3–4 minutes.
- ☐ Meanwhile, process almonds and flour in a food processor until nuts are finely ground.
- ☐ Transfer to a medium bowl; whisk in 1 1/2 cups plus 2 tablespoons powdered sugar.
- ☐ Add egg whites; mix until smooth. Fold in honey.
- ☐ Fold browned butter into batter. DO AHEAD: Batter can be made 3 days ahead. Cover and chill.
- ☐ Arrange a rack in middle of oven; preheat to 375°F. Coat muffin cups with nonstick spray.
- ☐ Pour 1 generous tablespoon batter into each prepared muffin cup. Top with 3–4 blackberry halves.
- ☐ Bake until cakes are golden brown and just cooked through, 15–16 minutes.
- ☐ Let cool in pan for 10 minutes.
- ☐ Remove cakes from pan.
- ☐ Serve warm or at room temperature. Dust with powdered sugar just before serving.
- ☐ Per serving: 240 calories, 16 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:6.76, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:2.8082608898049%

Flavonoids

Cyanidin: 12.09mg, Cyanidin: 12.09mg, Cyanidin: 12.09mg, Cyanidin: 12.09mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 79.64kcal (3.98%), Fat: 5.84g (8.99%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.27g (1.55%), Sugar: 2.25g (2.5%), Cholesterol: 10.17mg (3.39%), Sodium: 12.21mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Manganese: 0.19mg (9.26%), Vitamin E: 1.23mg (8.22%), Vitamin B2: 0.09mg (5.42%), Fiber: 1.19g (4.76%), Selenium: 2.52µg (3.61%), Magnesium: 14.21mg (3.55%), Copper: 0.07mg (3.3%), Vitamin C: 2.53mg (3.07%), Vitamin A: 143.9IU (2.88%), Phosphorus: 26.13mg (2.61%), Vitamin K: 2.71µg (2.59%), Folate: 9.9µg (2.48%), Vitamin B1: 0.03mg (2.08%), Iron: 0.35mg (1.95%), Vitamin B3: 0.38mg (1.91%), Potassium: 63.58mg (1.82%), Calcium: 15.9mg (1.59%), Zinc: 0.21mg (1.41%)