



## Chocolate- and Almond-Dipped Sandwich Cookies

READY IN



45 min.

SERVINGS



28

CALORIES



206 kcal

DESSERT

### Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1 large egg yolk
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not )
- ☐ 5 ounces slivered almonds toasted chopped
- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1.5 teaspoons vanilla extract

- ☐ 1 cup whipping cream

## Equipment

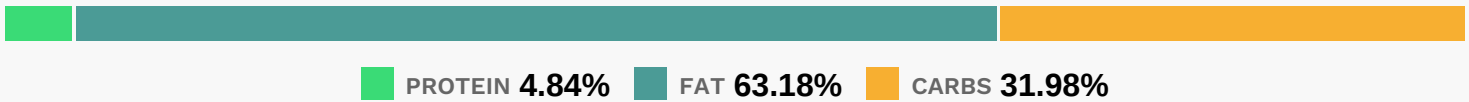
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ pastry bag

## Directions

- ☐ Place slivered almonds in processor and add 1/4 cup sugar. Grind almonds finely. Using electric mixer, beat butter and remaining 3/4 cup sugar in large bowl until well blended. Beat in egg yolk, vanilla extract, and 1/4 teaspoon salt.
- ☐ Add ground-nut mixture and flour and beat until moist clumps form. Gather dough into 2 balls; flatten each ball into disk. Wrap in plastic and refrigerate at least 1 hour and up to 2 days.
- ☐ Line 2 baking sheets with parchment paper.
- ☐ Roll out half of dough between sheets of waxed paper or parchment paper to scant 1/4-inch thickness, sprinkling dough lightly with flour as needed to keep from sticking and occasionally peeling off top paper to remove wrinkles. Peel off top sheet. Using 2 1/2x1 1/2-inch oval cookie cutter (or cardboard template), cut out cookies. If dough is soft, slide rimless baking sheet under paper and chill 10 minutes to firm.
- ☐ Transfer cookies to prepared sheets, spacing 1/2 inch apart. Gather scraps and reroll dough, cutting out more cookies. Chill cookies on sheets 15 minutes before baking.
- ☐ Position racks in top third and bottom third of oven; preheat to 325°F.

- ☐ Bake cookies 5 minutes. Reverse sheets and bake until cookies begin to color, about 6 minutes. Cool cookies on sheets 5 minutes.
- ☐ Transfer to racks; cool completely. Repeat with remaining dough.
- ☐ Bring cream to simmer in heavy medium saucepan.
- ☐ Remove from heat; add chocolate and whisk until melted and smooth.
- ☐ Let cool until thick but still spreadable, about 2 hours.
- ☐ Place half of cookies, bottom side up, on work surface. Spoon ganache filling into pastry bag fitted with 1/4-inch plain tip. Leaving 1/4-inch plain border, pipe (or spread) ganache on cookies. Top each with second cookie, bottom side down, pressing to adhere.
- ☐ Stir chocolate in top of double boiler over simmering water until smooth.
- ☐ Place almonds in small bowl. Dip end of 1 cookie in chocolate, then in almonds.
- ☐ Transfer to sheet of foil. Repeat with remaining cookies.
- ☐ Let stand until garnish is set. (Can be made 2 days ahead. Store airtight in refrigerator in single layers between sheets of waxed paper.

## Nutrition Facts



## Properties

Glycemic Index:5.54, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:4.2365217518223%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 205.96kcal (10.3%), Fat: 14.75g (22.69%), Saturated Fat: 7.72g (48.24%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.5g (5.64%), Sugar: 9.88g (10.98%), Cholesterol: 33.96mg (11.32%), Sodium: 25.12mg (1.09%), Alcohol: 0.07g (100%), Alcohol %: 0.22% (100%), Caffeine: 5.22mg (1.74%), Protein: 2.54g (5.09%), Manganese: 0.24mg (12.17%), Vitamin E: 1.62mg (10.79%), Copper: 0.14mg (7.05%), Vitamin B2: 0.12mg (6.9%), Vitamin A:

339.39IU (6.79%), Magnesium: 26.65mg (6.66%), Phosphorus: 56.63mg (5.66%), Selenium: 3.71µg (5.3%), Fiber: 1.3g (5.2%), Iron: 0.91mg (5.07%), Vitamin B1: 0.07mg (4.54%), Folate: 15.95µg (3.99%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.41mg (2.72%), Calcium: 26.84mg (2.68%), Potassium: 89.86mg (2.57%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.3µg (1.24%), Vitamin B5: 0.12mg (1.2%)