



WHATSheATE



Chocolate-Dipped Almond Shortbread

READY IN



50 min.

SERVINGS



50

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon almond extract
- ☐ 0.5 cup almonds
- ☐ 2.5 cups flour all-purpose plus more for rolling sifted
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup sugar
- ☐ 16 tablespoons butter unsalted at room temperature (2 sticks)

Equipment

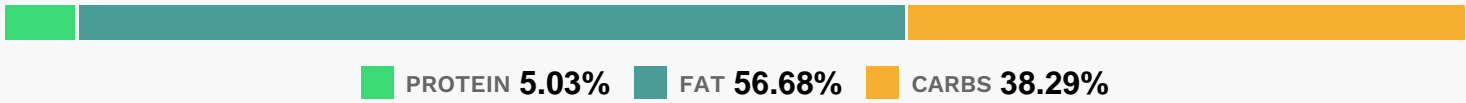
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Place racks in top and lower thirds of oven and preheat to 350F.
- ☐ Place almonds on a baking sheet on lower rack and toast until fragrant, 8 to 10 minutes, shaking pan a few times.
- ☐ Transfer to a bowl to cool to room temperature. Turn oven off.
- ☐ Place 1/4 cup almonds in food processor and process until finely ground; transfer to a small bowl. Coarsely chop remaining nuts and place in a separate small bowl.
- ☐ Place butter, sugar and almond extract in same food processor (no need to rinse) and blend until light, about 2 minutes, scraping down sides halfway through.
- ☐ Add flour, salt and ground almonds and pulse until just combined. Divide dough into 2 portions. Pat into 2 6-inch flat squares, roughly 3/8-inch thick. Wrap in plastic and refrigerate for at least 1 hour or until firm.
- ☐ Preheat oven to 300F. Line 2 large, rimmed baking sheets with parchment.
- ☐ Let dough rest at room temperature until pliable enough to roll.
- ☐ Roll out a square of dough between 2 sheets of lightly floured waxed paper to 1/8-inch thickness. Use a sharp knife to cut dough into 2-inch squares.
- ☐ Transfer to baking sheets, leaving about 1/2 inch between each. Repeat with remaining dough.
- ☐ Combine scraps, reroll once and cut. If dough becomes too soft to roll, refrigerate briefly.
- ☐ Bake cookies until light golden, 35 to 40 minutes.
- ☐ Let stand for 5 minutes on baking sheets on wire racks, then transfer cookies to racks to cool completely. When cookies are cool, set up 2 baking sheets lined with parchment. Put 1/2 of chocolate in a microwave-safe bowl and microwave on high for 30 seconds; stir. Continue to heat and stir in 15-second increments until chocolate has melted.

- ☐
- Add remaining chocolate and allow it to sit at room temperature, stirring occasionally, until completely smooth. Dip 1/2 of each cookie in chocolate.
- ☐
- Sprinkle with reserved chopped almonds and place on baking sheets to set.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:4.86, Inflammation Score:-2, Nutrition Score:2.5295652008575%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 110.99kcal (5.55%), Fat: 7.02g (10.8%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.78g (3.56%), Sugar: 4.61g (5.12%), Cholesterol: 10.04mg (3.35%), Sodium: 24.61mg (1.07%), Alcohol: 0.09g (100%), Alcohol %: 0.53% (100%), Caffeine: 5.85mg (1.95%), Protein: 1.4g (2.81%), Manganese: 0.17mg (8.32%), Copper: 0.11mg (5.49%), Magnesium: 17.33mg (4.33%), Iron: 0.78mg (4.31%), Selenium: 2.81µg (4.01%), Vitamin B1: 0.05mg (3.63%), Fiber: 0.89g (3.57%), Vitamin E: 0.51mg (3.43%), Phosphorus: 32.41mg (3.24%), Vitamin B2: 0.05mg (3.1%), Folate: 12.2µg (3.05%), Vitamin B3: 0.48mg (2.4%), Vitamin A: 115.37IU (2.31%), Zinc: 0.27mg (1.82%), Potassium: 57.25mg (1.64%), Calcium: 10.14mg (1.01%)