



Chocolate-Glazed Mocha Fans

READY IN



45 min.

SERVINGS



16

CALORIES



323 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups flour
- ☐ 1 leaf sheets bay leaves
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 leaf sheets edible gold dust (3 3/4-inch)
- ☐ 1 cup brown sugar packed ()
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 0.5 cup cocoa powder unsweetened

- ☐ 0.8 cup whipping cream

Equipment

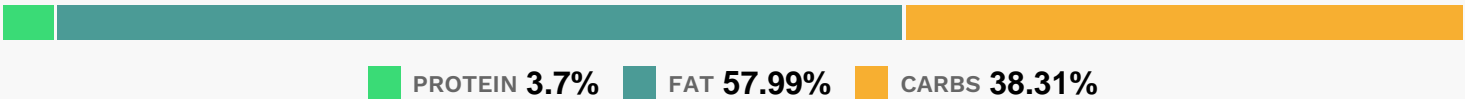
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ spatula
- ☐ tart form

Directions

- ☐ Preheat oven to 325°F. Spray 10-inch-diameter tart pan with removable bottom with nonstick spray. Sift flour, unsweetened cocoa powder, espresso powder and salt into medium bowl. Using electric mixer, beat butter and brown sugar in large bowl until well blended.
- ☐ Add dry ingredients and beat just until dough clumps together. Using fingertips, press dough evenly onto bottom of prepared tart pan.
- ☐ Bake shortbread until firm around edges and baked through but slightly soft in center, about 35 minutes. Cool 10 minutes. Gently remove pan sides. Using large sharp knife, cut warm shortbread into 16 wedges. Cool completely on pan bottom on rack.
- ☐ Bring cream to simmer in medium saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate; stir until melted and smooth.
- ☐ Let stand until glaze begins to thicken but is still pourable, about 10 minutes.
- ☐ Place shortbread wedges on rack set over large baking sheet. Spoon glaze over shortbread, allowing some of glaze to run down sides and spreading over sides with small spatula. Chill just until chocolate is firm, about 45 minutes.
- ☐ If desired, press tip of small sharp knife into gold leaf; gently peel off 1/2-inch free-form pieces. Using knife as aid, carefully press gold leaf pieces onto cookies. (Can be prepared 5

days ahead. Store in single layer in airtight container at room temperature.)

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:6.47, Inflammation Score:-5, Nutrition Score:6.1973913282804%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 323.4kcal (16.17%), Fat: 21.45g (33.01%), Saturated Fat: 13.21g (82.58%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 29.42g (10.7%), Sugar: 18.95g (21.06%), Cholesterol: 43.96mg (14.65%), Sodium: 83.37mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.3mg (7.43%), Protein: 3.08g (6.16%), Manganese: 0.39mg (19.39%), Copper: 0.31mg (15.3%), Magnesium: 43.72mg (10.93%), Iron: 1.96mg (10.88%), Vitamin A: 529.5IU (10.59%), Fiber: 2.46g (9.84%), Selenium: 6.21µg (8.87%), Phosphorus: 80.11mg (8.01%), Vitamin B1: 0.1mg (6.77%), Folate: 23.43µg (5.86%), Vitamin B2: 0.1mg (5.73%), Potassium: 170.82mg (4.88%), Vitamin B3: 0.93mg (4.67%), Zinc: 0.69mg (4.58%), Calcium: 36.91mg (3.69%), Vitamin E: 0.53mg (3.5%), Vitamin D: 0.39µg (2.61%), Vitamin K: 2.48µg (2.36%), Vitamin B5: 0.16mg (1.63%), Vitamin B6: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.12%)