



Chocolate Hot Tamale

READY IN



45 min.

SERVINGS



6

CALORIES



543 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 1 pinch ancho chili powder
- ☐ 2 cups cake flour
- ☐ 0.5 cup cocoa powder
- ☐ 6 servings cookie mold
- ☐ 1 large eggs
- ☐ 0.8 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 0.5 cup butter unsalted generous cold

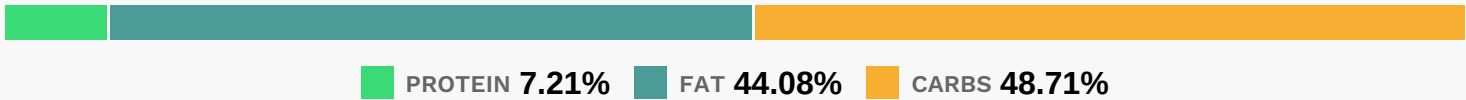
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ cookie cutter
- ☐ stand mixer
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the butter and flour in the bowl of a stand mixer. Set the mixer to medium speed and mix just until combined.
- ☐ Add the rest of the dry ingredients; almond flour, cocoa powder, salt, sugar, ancho chili powder.
- ☐ Add the egg and mix just until combined, about 30 seconds.
- ☐ Remove the dough from the bowl and pat into a disk. Use a rolling pin to roll the dough about 1/4-inch thick. Use a knife to cut a square about the size of the mold. Press the dough into the mold. Be sure to press firmly so the impressions of the mold are transferred onto the dough.
- ☐ Remove the dough and place on a parchment paper lined sheet pan.
- ☐ If you do not want to make a mold, you can also use cookie cutters. To do so, roll the dough to the desired size on a lightly floured work surface. Press the cookie cutters into the dough. Lift the cutter and place the cookies on a parchment paper lined baking sheet.
- ☐ Bake 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:30.78, Inflammation Score:-6, Nutrition Score:10.316086852032%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 542.99kcal (27.15%), Fat: 27.46g (42.24%), Saturated Fat: 13.09g (81.81%), Carbohydrates: 68.27g (22.76%), Net Carbohydrates: 63.76g (23.18%), Sugar: 21.18g (23.53%), Cholesterol: 71.67mg (23.89%), Sodium: 122.13mg (5.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 10.1g (20.2%), Manganese: 0.73mg (36.44%), Selenium: 22.14µg (31.63%), Copper: 0.38mg (19.14%), Fiber: 4.52g (18.06%), Iron: 2.54mg (14.13%), Phosphorus: 132.59mg (13.26%), Magnesium: 51.5mg (12.88%), Vitamin A: 547.58IU (10.95%), Folate: 43.21µg (10.8%), Vitamin B2: 0.18mg (10.45%), Vitamin B1: 0.14mg (9.47%), Vitamin E: 1.39mg (9.27%), Vitamin B3: 1.51mg (7.54%), Zinc: 1.11mg (7.37%), Potassium: 191.91mg (5.48%), Vitamin K: 4.75µg (4.52%), Vitamin B5: 0.43mg (4.34%), Calcium: 38.28mg (3.83%), Vitamin D: 0.45µg (3%), Vitamin B6: 0.06mg (2.94%), Vitamin B12: 0.11µg (1.77%)