



Chocolate Orange Petits Fours

READY IN



45 min.

SERVINGS



32

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 7 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 4 navel oranges cut into 1/4-inch pieces
- ☐ 2 teaspoons orange zest fresh finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 0.3 cup butter unsalted cut into pieces
- ☐ 2 tablespoons cocoa powder unsweetened

Equipment

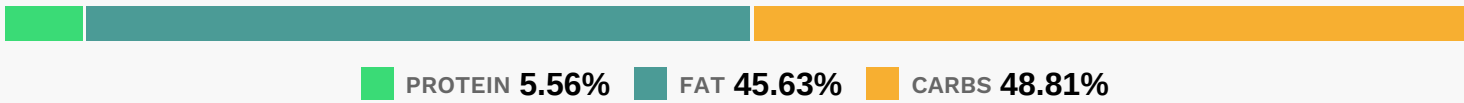
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ Whisk together flour, brown sugar, cocoa powder, and salt in a bowl.
- ☐ Melt chocolate and butter in a metal bowl set over a saucepan of barely simmering water, stirring occasionally, until smooth.
- ☐ Remove bowl from heat and stir in eggs, zest, and flour mixture until just combined. (Dough will be soft.)
- ☐ Roll out dough between parchment sheets into an 8-inch round (1/2 inch thick).
- ☐ Transfer round (still in parchment) to a large baking sheet and chill until firm, at least 1 hour, or freeze at least 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Remove top sheet of parchment paper and replace it loosely. Flip over paper-enclosed round and discard paper now on top.
- ☐ Cut out about 20 cookies with cookie cutter and arrange about 1 inch apart on a buttered large baking sheet. Reroll scraps between parchment sheets and cut out 12 more cookies (chill or freeze dough as needed if it becomes too soft to handle).

- ☐
- Bake cookies in middle of oven until matte (dough will start out shiny and turn dull), about 10 minutes, then transfer with a spatula to a rack to cool completely. (Cookies will have a fudgy consistency.)
- ☐
- Beat cream and sugar with an electric mixer until it just holds stiff peaks. Top each cookie with 1/2 teaspoon cream and a piece of orange.
- ☐
- Dough can be chilled, wrapped well in plastic wrap, up to 1 day or frozen up to 1 week. •
- ☐
- Baked cookies (without topping) can be made 2 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:3.1839130754056%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 107.26kcal (5.36%), Fat: 5.56g (8.56%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 12.27g (4.46%), Sugar: 8.47g (9.41%), Cholesterol: 20.01mg (6.67%), Sodium: 44.2mg (1.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.05mg (2.02%), Protein: 1.53g (3.05%), Vitamin C: 10.53mg (12.77%), Manganese: 0.13mg (6.49%), Copper: 0.11mg (5.35%), Fiber: 1.12g (4.46%), Selenium: 3.04µg (4.34%), Magnesium: 16.37mg (4.09%), Iron: 0.73mg (4.07%), Folate: 14.95µg (3.74%), Phosphorus: 35.64mg (3.56%), Vitamin A: 162.71IU (3.25%), Vitamin B2: 0.05mg (3.18%), Vitamin B1: 0.05mg (3.13%), Potassium: 87.78mg (2.51%), Calcium: 21.01mg (2.1%), Vitamin B3: 0.38mg (1.88%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.03mg (1.34%), Vitamin E: 0.17mg (1.16%)