



Cocoa Palmiers

 Vegetarian

READY IN



65 min.

SERVINGS



24

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons breadcrumbs
- ☐ 1 large egg yolk
- ☐ 1 teaspoon flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 sheet puff pastry frozen thawed half of a 17-ounce box
- ☐ 1 cup sugar
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 2 tablespoons cocoa powder unsweetened

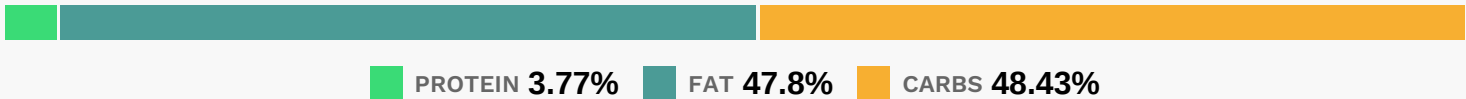
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ spatula

Directions

- ☐ Position racks in the upper and lower thirds of the oven and preheat to 425 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Pulse the butter, 3 tablespoons sugar, the cocoa powder, breadcrumbs, egg yolk, cinnamon and flour in a food processor until smooth.
- ☐ Spread the remaining 1 cup sugar on a clean surface. Unfold the puff pastry and set it on top of the sugar, pressing gently to coat. Flip and coat the other side, then roll out the sheet into a 13-inch square.
- ☐ Drop mounds of the cocoa mixture onto the puff pastry and spread in a thin, even layer. Using your fingers, roll 1 side of the pastry into the center, then roll the opposite side into the center to meet it. Trim the short ends with a knife. (If the rolled-up dough is soft, refrigerate until firm.)
- ☐ Cut the dough roll crosswise into 1/2-inch-thick pieces and arrange cut-side down, about 2 inches apart, on the prepared baking sheets.
- ☐ Bake until golden and crisp on the bottom, 4 to 6 minutes; flip with a thin spatula, switch the position of the pans and continue baking until golden on the other side, 4 to 6 more minutes.
- ☐ Let cool 1 minute on the baking sheets, then transfer to racks to cool completely.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:8.59, Glycemic Load:8.36, Inflammation Score:-1, Nutrition Score:1.52043477866696%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 112.09kcal (5.6%), Fat: 6.1g (9.38%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 13.51g (4.91%), Sugar: 8.46g (9.4%), Cholesterol: 12.67mg (4.22%), Sodium: 32.3mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Selenium: 3.24µg (4.63%), Manganese: 0.09mg (4.47%), Vitamin B1: 0.05mg (3.4%), Folate: 10.25µg (2.56%), Vitamin B3: 0.5mg (2.49%), Vitamin B2: 0.04mg (2.34%), Iron: 0.39mg (2.19%), Vitamin K: 1.9µg (1.81%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.57%), Phosphorus: 14.02mg (1.4%), Vitamin A: 68.87IU (1.38%), Magnesium: 4.22mg (1.06%)