



Dark Chocolate-Almond Crisps

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



2540 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds toasted chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter softened
- ☐ 2 ounces premium chocolate dark
- ☐ 0.3 cup dutch process cocoa
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.8 teaspoon vanilla extract

Equipment

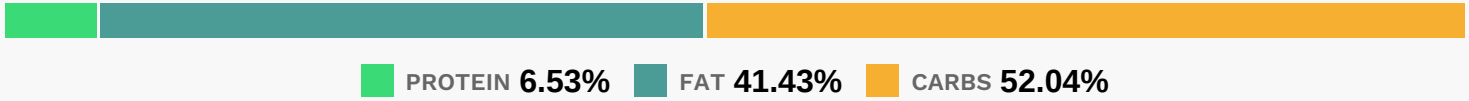
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave chocolate in a small glass bowl at MEDIUM (50% power) 1 minute or until softened, stirring once; stir until chocolate is smooth.
- ☐ Beat butter and sugar at medium speed with an electric mixer until fluffy.
- ☐ Add egg and extracts, beating until blended.
- ☐ Add melted chocolate, beating until blended.
- ☐ Sift together flour and next 3 ingredients.
- ☐ Add half of flour mixture to butter mixture, beating at low speed just until combined.
- ☐ Add remaining flour mixture, beating just until combined; stir in almonds. Divide dough in half, shaping into 2 flattened discs. Wrap each disc in plastic wrap, and chill at least 4 hours.
- ☐ Remove 1 dough disc from refrigerator, and let stand 10 minutes. Turn dough out onto a lightly floured surface, and roll to 1/8-inch thickness.
- ☐ Cut dough with a round 2 1/2-inch cutter; place rounds 2 inches apart on parchment paper-lined baking sheets. Chill prepared baking sheets with dough rounds 5 to 10 minutes or until dough is firm. Repeat procedure with remaining dough disc.
- ☐ Bake at 350 on center oven rack 13 to 15 minutes or until centers are firm. Cool on baking sheet 2 to 3 minutes.

- ☐
- Remove to wire racks to cool completely. Store in an airtight container up to 1 week.
- ☐
- Note: For testing purposes only, we used Ghirardelli Dark Chocolate and Hershey's European Style Dutch Processed Cocoa.

Nutrition Facts



Properties

Glycemic Index:228.09, Glycemic Load:213.14, Inflammation Score:-10, Nutrition Score:58.096521419028%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 14.39mg, Catechin: 14.39mg, Catechin: 14.39mg, Catechin: 14.39mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 42.45mg, Epicatechin: 42.45mg, Epicatechin: 42.45mg, Epicatechin: 42.45mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 2540.37kcal (127.02%), Fat: 120.15g (184.85%), Saturated Fat: 62.01g (387.57%), Carbohydrates: 339.59g (113.2%), Net Carbohydrates: 315.93g (114.88%), Sugar: 166.48g (184.98%), Cholesterol: 368.3mg (122.77%), Sodium: 1470.83mg (63.95%), Alcohol: 1.38g (100%), Alcohol %: 0.29% (100%), Caffeine: 94.81mg (31.6%), Protein: 42.6g (85.19%), Manganese: 4.05mg (202.75%), Selenium: 89.05µg (127.22%), Copper: 2.5mg (125.2%), Iron: 20.74mg (115.2%), Vitamin B1: 1.61mg (107.06%), Vitamin B2: 1.72mg (101.13%), Folate: 391.76µg (97.94%), Magnesium: 382.5mg (95.63%), Fiber: 23.67g (94.67%), Phosphorus: 826.3mg (82.63%), Vitamin E: 12.09mg (80.63%), Vitamin B3: 13.52mg (67.6%), Vitamin A: 2391.63IU (47.83%), Zinc: 6.51mg (43.4%), Potassium: 1293.01mg (36.94%), Calcium: 243.48mg (24.35%), Vitamin B5: 2.14mg (21.41%), Vitamin B6: 0.27mg (13.35%), Vitamin B12: 0.75µg (12.44%), Vitamin K: 11.27µg (10.73%), Vitamin D: 1µg (6.67%)