



Florentine Bars

READY IN



50 min.

SERVINGS



35

CALORIES



232 kcal

DESSERT

Ingredients

- 12 ounces almonds sliced
- 2.5 cups cake flour
- 0.5 cup cherries dried finely chopped
- 0.5 cup apricot dried finely chopped (we prefer Blenheim)
- 1 egg yolk
- 0.3 cup cup heavy whipping cream
- 0.3 cup honey
- 0.5 cup raisins finely chopped
- 1 cup butter salted at room temperature

- 1.8 cups sugar
- 0.5 cup butter unsalted

Equipment

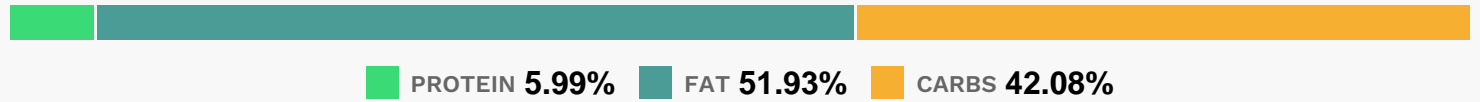
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- baking pan
- spatula
- rolling pin
- candy thermometer

Directions

- Preheat oven to 37
- In a large bowl, cream salted butter with 1/2 cup sugar until light and fluffy.
- Add egg and egg yolk and beat to combine. Gradually add flour and mix well (dough will be very soft).
- Transfer to a floured 16- by 11-in. parchment paper. With a floured rolling pin, roll dough to same size as parchment. Trim any overhang, then transfer dough (on parchment) to a large rimmed baking pan.
- Bake until golden brown, about 12 minutes.
- Remove from oven (leave oven on) and set aside.
- In a medium saucepan over medium heat, stir together unsalted butter, remaining 1 1/4 cups sugar, honey, and cream. Cook mixture, stirring frequently, until it registers 250 on a candy thermometer.
- Remove pan from heat and stir in almonds, raisins, apricots, and cherries.
- Using a spatula, gently spread warm topping over shortbread.
- Bake until topping is caramelized and almonds are lightly browned, about 10 minutes.

Remove from oven; while still warm, cut into 2-in. squares. Cool completely.

Nutrition Facts



Properties

Glycemic Index:9.76, Glycemic Load:13.87, Inflammation Score:-4, Nutrition Score:4.7904348010602%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 232.05kcal (11.6%), Fat: 13.9g (21.38%), Saturated Fat: 5.97g (37.28%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 23.46g (8.53%), Sugar: 15.04g (16.72%), Cholesterol: 29.03mg (9.68%), Sodium: 44.47mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin E: 2.86mg (19.09%), Manganese: 0.31mg (15.31%), Vitamin A: 412.53IU (8.25%), Vitamin B2: 0.13mg (7.92%), Magnesium: 30.13mg (7.53%), Fiber: 1.88g (7.5%), Copper: 0.13mg (6.6%), Selenium: 4.54µg (6.48%), Phosphorus: 64.07mg (6.41%), Potassium: 125.73mg (3.59%), Calcium: 35.43mg (3.54%), Iron: 0.61mg (3.38%), Zinc: 0.42mg (2.83%), Vitamin B3: 0.52mg (2.61%), Folate: 8.67µg (2.17%), Vitamin B1: 0.03mg (2.1%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.29%)