



Florentine Cookies

READY IN



3000 min.

SERVINGS



36

CALORIES



65 kcal

DESSERT

Ingredients

- 1.3 cups almonds sliced
- 4 ounces chocolate chips
- 0.3 cup plus light
- 0.3 cup flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon cup heavy whipping cream
- 2.5 teaspoons orange zest finely grated (from 2 medium oranges)
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted cut into 4 pieces ()

Equipment

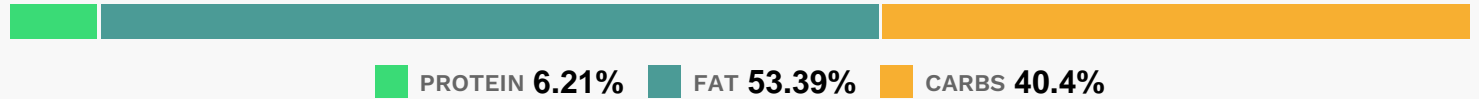
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- wooden spoon
- microwave
- spatula

Directions

- Heat the oven to 350°F and arrange the racks to divide the oven into thirds. Line 2 baking sheets with parchment paper; set aside.
- Place the almonds, flour, and zest in a medium bowl and toss with a rubber spatula or wooden spoon to combine; set aside.
- Place the sugar, butter, corn syrup, cream, and salt in a small saucepan over medium heat, stir to combine, and bring to a boil.
- Remove the pan from the heat, add the almond mixture, and stir to combine. Drop heaping teaspoons of the batter at least 3 inches apart onto the prepared baking sheets, 6 per sheet. Using a rubber spatula, pat the batter out into 2-inch-wide circles, spreading the almonds into an even single layer.
- Place both sheets in the oven and bake for 5 minutes. Rotate the baking sheets front to back and top to bottom and bake until the florentines are light golden brown around the edges, about 4 to 5 minutes more.
- Remove from the oven to wire racks and let the cookies cool on the baking sheets for 2 minutes. Carefully remove the florentines from the baking sheets with a thin metal spatula, transfer to the wire racks, and cool completely. Repeat with the remaining batter—you can reuse the baking sheets and parchment while still warm. Reserve the parchment sheets for drizzling the chocolate over the cooled cookies, if using.

- Place the cooled cookies on the reserved parchment sheets. Melt the chocolate chips in a small saucepan over low heat. (Alternatively, melt the chocolate chips in the microwave in short increments to avoid burning the chocolate.) Dip a fork into the chocolate and drizzle it over the florentines in a zigzag pattern.
- Let the cookies sit until the chocolate has set, about 30 minutes. Store the florentines in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:2.15, Inflammation Score:-1, Nutrition Score:1.5113043422284%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 65.2kcal (3.26%), Fat: 4.01g (6.18%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.9g (5.44%), Cholesterol: 3.85mg (1.28%), Sodium: 21.34mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin E: 0.91mg (6.05%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.05mg (2.83%), Magnesium: 10.06mg (2.52%), Fiber: 0.56g (2.23%), Phosphorus: 20.92mg (2.09%), Copper: 0.04mg (2.02%), Calcium: 19.48mg (1.95%), Zinc: 0.23mg (1.54%), Potassium: 45.41mg (1.3%), Vitamin B1: 0.02mg (1.22%), Iron: 0.2mg (1.12%), Vitamin B3: 0.2mg (1.01%)