



WHATSheATE



## Florentiner à la Mama

READY IN



45 min.

SERVINGS



44

CALORIES



91 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 4 ounces bittersweet chocolate
- ☐ 2 cups blanched almonds and sliced
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave
- ☐ candy thermometer

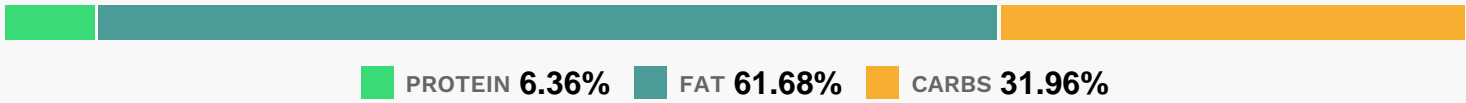
## Directions

- ☐ Preheat the oven to 350°F.
- ☐ In a food processor, grind together 1 1/2 cups of the almonds, the flour, and the salt. You want a fine chop but you do not want to pulverize the almonds into a flour or churn it into a paste; there should be some nice bits of almond still visible. Set aside in a bowl along with the remaining 1/2 cup of unchopped almonds.
- ☐ In a saucepan over low heat, combine the sugar, honey, cream, and butter. Stir until the sugar has completely dissolved.
- ☐ Raise the heat to medium-high and clip on a candy thermometer.
- ☐ Heat the mixture to 235°F.
- ☐ Remove the pan from the heat and immediately stir in the almond mixture. Wait a minute for the batter to cool to the touch, and then stir in the almond extract.
- ☐ While the batter is still warm and pliable, scoop it in teaspoons onto a parchment-lined sheet pan. I use a teaspoon scoop for 2-inch round cookies. Space the cookies a few inches apart because they'll spread.
- ☐ Bake for 10 minutes or until golden brown.
- ☐ Alternatively, press the batter into a heart-shaped cake mold sprayed with nonstick cooking spray.
- ☐ Bake for 20 minutes, or until the edges are brown.
- ☐ While the cookies cool, place the chocolate in a microwave-safe bowl and microwave in 30-second intervals, stirring between each session and continuing until the chocolate is

completely melted.

- ☐
- Drizzle the chocolate over the cooled Florentiners. Store in an airtight container in a cool, dry place for up to a week.

## Nutrition Facts



## Properties

Glycemic Index:3.3, Glycemic Load:3.57, Inflammation Score:-1, Nutrition Score:2.2130435061358%

## Nutrients (% of daily need)

Calories: 90.76kcal (4.54%), Fat: 6.45g (9.93%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.74g (2.45%), Sugar: 5.79g (6.43%), Cholesterol: 6.86mg (2.29%), Sodium: 54.82mg (2.38%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 1.5g (3%), Vitamin E: 1.43mg (9.56%), Manganese: 0.14mg (7.19%), Magnesium: 20.05mg (5.01%), Copper: 0.09mg (4.62%), Phosphorus: 36.02mg (3.6%), Fiber: 0.79g (3.15%), Vitamin B2: 0.05mg (2.88%), Iron: 0.39mg (2.15%), Zinc: 0.25mg (1.65%), Calcium: 16.5mg (1.65%), Vitamin A: 81.18IU (1.62%), Potassium: 54.64mg (1.56%), Vitamin B3: 0.26mg (1.32%), Vitamin B1: 0.02mg (1.17%), Folate: 4.2µg (1.05%), Selenium: 0.72µg (1.03%)