

## Florentines

READY IN



45 min.

SERVINGS



22

CALORIES



109 kcal

DESSERT

### Ingredients

- 0.5 cup almonds sliced
- 0.1 lb butter
- 0.5 cup candied orange peel finely chopped
- 2 tablespoons flour all-purpose
- 0.5 cup ground almonds (see notes)
- 4 ounces bittersweet chocolate chopped
- 0.3 cup sugar
- 0.3 cup whipping cream

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- spatula
- pastry brush

## Directions

- In a 1- to 2-quart pan over low heat, melt butter.
- Add sugar and cream and stir over high heat until mixture is boiling.
- Remove from heat and stir in flour, candied orange peel, and ground and sliced almonds.
- Drop batter in 1-tablespoon portions onto cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes), evenly spacing up to six portions on each sheet. With the back of a spoon, spread each portion into a 2-inch round.
- Bake one pan at a time in a 350 oven until edges of cookies are lightly browned (centers will still be bubbling), 10 to 12 minutes.
- Let cookies cool on pan until firm enough to remove, about 2 minutes; to test, lift a corner of a cookie with your fingers, or slide a spatula under a corner. If it's too soft to hold its shape, wait a few seconds longer; if it's firm, lift off with your fingers or a spatula. Set cookies on racks to cool.
- In a heatproof bowl set over a pan of barely simmering water (bottom of bowl should not touch water), stir chocolate often until melted and smooth, 5 to 8 minutes. With a pastry brush, gently coat the back of each cookie with chocolate.
- Lay coated cookies on racks, chocolate side up, and chill until chocolate is firm, about 10 minutes.
- Serve, or immediately package airtight (cookies soften quickly from moisture in the air) in rigid containers, putting waxed paper between layers.

## Nutrition Facts



■ PROTEIN 5.25% ■ FAT 58.8% ■ CARBS 35.95%

## Properties

Glycemic Index:9.32, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:1.8626087173496%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 109.13kcal (5.46%), Fat: 7.36g (11.33%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.11g (3.31%), Sugar: 7.93g (8.81%), Cholesterol: 8.91mg (2.97%), Sodium: 21.22mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.43mg (1.48%), Protein: 1.48g (2.96%), Manganese: 0.12mg (6.23%), Copper: 0.09mg (4.42%), Vitamin E: 0.65mg (4.35%), Fiber: 1.02g (4.07%), Magnesium: 15.24mg (3.81%), Iron: 0.54mg (3.01%), Phosphorus: 26.55mg (2.66%), Vitamin A: 107.41IU (2.15%), Vitamin B2: 0.04mg (2.13%), Calcium: 17.32mg (1.73%), Zinc: 0.22mg (1.45%), Potassium: 50.44mg (1.44%), Selenium: 0.9µg (1.28%)