

Florentines

 Vegetarian

READY IN

ready

165 min.

SERVINGS

servings

28

CALORIES

calories

151 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds sliced chopped
- ☐ 0.5 cup butter cut into pieces 1 stick
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons orange zest grated
- ☐ 8 ounces semi chocolate chips
- ☐ 0.8 cup sugar
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Position the rack in the center of the oven and preheat the oven to 350 degrees F.
- ☐ Line a heavy large baking sheet with parchment paper. Stir the almonds, flour and zest in a medium bowl. Stir the sugar, butter, cream, and honey in a heavy medium saucepan over medium heat until the sugar dissolves. Bring the mixture to a boil.
- ☐ Remove the pan from the heat. Stir in the almond mixture. Cool the batter for 20 minutes, stirring occasionally. Using 2 teaspoons of batter for each cookie, spoon 8 mounds of the batter onto the prepared baking sheet, spacing evenly apart (the cookies will spread). Flatten the batter slightly with your finger.
- ☐ Bake the cookies until they are lacy and golden brown, about 10 minutes. Gently slide the parchment paper with the cookies onto a rack and cool completely.
- ☐ Transfer the cookies to paper towels. Repeat with the remaining batter, lining the baking sheets with clean parchment for each batch. (The cookies can be made up to this point 2 months ahead. Cool completely, then store airtight in the freezer. Defrost before continuing.)
- ☐ Stir the chocolate in a bowl set over a saucepan of simmering water until the chocolate melts.
- ☐ Spread the melted chocolate over the bottom of 1 cookie. Top with a second cookie, bottom side down, pressing lightly to adhere. Repeat with the remaining cookies and chocolate.

Nutrition Facts



 **PROTEIN 5.31%**  **FAT 61.91%**  **CARBS 32.78%**

Properties

Glycemic Index:9.19, Glycemic Load:4.74, Inflammation Score:-2, Nutrition Score:3.6560869566772%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 150.92kcal (7.55%), Fat: 10.72g (16.48%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 11.26g (4.1%), Sugar: 9.92g (11.03%), Cholesterol: 12.4mg (4.13%), Sodium: 27.83mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.97mg (2.32%), Protein: 2.07g (4.13%), Manganese: 0.26mg (13.13%), Vitamin E: 1.85mg (12.34%), Copper: 0.17mg (8.55%), Magnesium: 32.46mg (8.11%), Fiber: 1.5g (6.01%), Phosphorus: 55.95mg (5.6%), Vitamin B2: 0.09mg (5.29%), Iron: 0.79mg (4.41%), Vitamin A: 147.66IU (2.95%), Zinc: 0.44mg (2.92%), Potassium: 99.52mg (2.84%), Calcium: 26mg (2.6%), Selenium: 1.3µg (1.86%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.02mg (1.41%), Folate: 4.18µg (1.04%)