



Florentines

 Vegetarian

READY IN



595 min.

SERVINGS



5

CALORIES



618 kcal

DESSERT

Ingredients

- 8 ounces baker's chocolate sweet
- 0.5 pound candied orange peel very finely chopped
- 0.3 cup flour all-purpose
- 0.5 cup slivered almonds
- 0.3 cup sugar
- 0.8 cup whipping cream (heavy)

Equipment

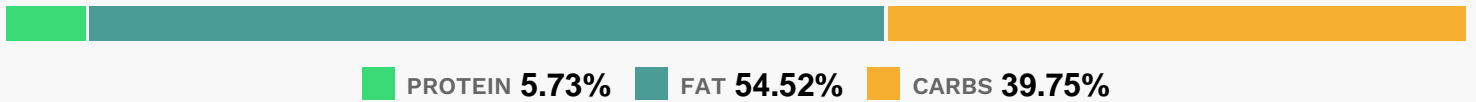
- baking sheet

- oven
- knife
- wire rack
- spatula

Directions

- Heat oven to 350F. Generously grease and flour cookie sheet.
- Stir whipping cream and sugar together until well blended. Stir in almonds, orange peel and flour. Dough will be very thin.
- Drop by scant teaspoonfuls onto cookie sheet. Flatten with knife or spatula.
- Bake 10 to 12 minutes or just until cookies brown lightly around edges. Cool 5 minutes; remove from cookie sheet. Cool on wire rack.
- Melt chocolate bars over low heat. Turn cookies over; spread with chocolate. Allow to dry 8 hours at room temperature or until chocolate becomes firm. Store in covered container or in refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:10.53, Inflammation Score:-8, Nutrition Score:21.583478199399%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 29.32mg, Catechin: 29.32mg, Catechin: 29.32mg, Catechin: 29.32mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 64.4mg, Epicatechin: 64.4mg, Epicatechin: 64.4mg, Epicatechin: 64.4mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg 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: 618.47kcal (30.92%), Fat: 42.13g (64.81%), Saturated Fat: 23.31g (145.69%), Carbohydrates: 69.12g (23.04%), Net Carbohydrates: 59.35g (21.58%), Sugar: 48.53g (53.92%), Cholesterol: 40.34mg (13.45%), Sodium:

65.31mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.29mg (12.1%), Protein: 9.95g (19.91%), Manganese: 2.23mg (111.53%), Copper: 1.6mg (80.22%), Iron: 8.7mg (48.34%), Magnesium: 183.17mg (45.79%), Fiber: 9.77g (39.1%), Zinc: 4.86mg (32.39%), Phosphorus: 263.11mg (26.31%), Vitamin E: 3.3mg (21.98%), Vitamin B2: 0.27mg (15.79%), Potassium: 521.85mg (14.91%), Selenium: 7.64µg (10.91%), Calcium: 107.63mg (10.76%), Vitamin A: 533.52IU (10.67%), Vitamin B1: 0.14mg (9.67%), Folate: 30.32µg (7.58%), Vitamin B3: 1.4mg (6.99%), Vitamin K: 5.7µg (5.43%), Vitamin D: 0.57µg (3.81%), Vitamin B5: 0.25mg (2.45%), Vitamin B6: 0.04mg (2.11%)