



Florentines

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 1.3 cups almonds finely chopped
- ☐ 3 tablespoons butter
- ☐ 0.8 cup candied orange peel finely chopped
- ☐ 0.3 cup flour
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 cup sugar

Equipment

- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ In a saucepan, mix together 1/2 cup each of heavy cream and sugar and 3 tablespoons butter and bring the mixture to a boil.
- ☐ Remove it from the heat and stir in 1 1/4 cups finely chopped almonds, 3/4 cup finely chopped candied orange peel, and 1/3 cup flour. Drop the batter from a tablespoon into mounds about 3 inches apart on oiled and lightly floured cookie sheets and flatten each cookie with a wet spatula.
- ☐ Bake the cookies in a moderate oven (350°F) for about 10 minutes.
- ☐ Remove them from the oven and let them stand for about 5 minutes.
- ☐ Remove the cookies to a wire rack, let them cool completely, and spread them with chocolate glaze. Chill them.
- ☐ Chocolate Glaze
- ☐ Melt 1 ounce each of unsweetened chocolate and sweet cooking chocolate over simmering water.
- ☐ Add 2 tablespoons butter and 1 teaspoon honey and stir the glaze until the butter is melted. For an easier glaze, use melted bittersweet chocolate.
- ☐ Recipe Notes
- ☐ Use a small offset spatula to spread the dough into thin rounds on the baking sheet.
- ☐ Use 2 ounces semisweet chocolate, melted, for the glaze.
- ☐ From The Gourmet Cookie Book: The Single Best Recipe from Each Year 1941–2009 by Condé Nast Publications. Copyright © 2010 by Condé Nast Publications; photographs copyright © 2010 by Condé Nast Publications. Published by Houghton Mifflin Harcourt Publishing Company.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:3.94, Inflammation Score:-2, Nutrition Score:2.8856521874018%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg 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: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.98kcal (5.5%), Fat: 6.96g (10.71%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.05g (3.65%), Sugar: 8.42g (9.35%), Cholesterol: 9.37mg (3.12%), Sodium: 17.34mg (0.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin E: 2mg (13.31%), Manganese: 0.19mg (9.37%), Vitamin B2: 0.1mg (6.13%), Magnesium: 21.06mg (5.27%), Fiber: 1.05g (4.21%), Phosphorus: 41.23mg (4.12%), Copper: 0.08mg (4.07%), Calcium: 24.87mg (2.49%), Vitamin A: 117.59IU (2.35%), Iron: 0.37mg (2.07%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.38mg (1.88%), Potassium: 64.29mg (1.84%), Zinc: 0.26mg (1.74%), Folate: 6.7µg (1.68%), Selenium: 1.11µg (1.59%)