



## Florentines

READY IN



45 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

## Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 2.3 cups almonds sliced
- ☐ 4 oz bittersweet chocolate roughly chopped
- ☐ 2 tablespoons plus
- ☐ 0.3 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 8 oz butter unsalted softened

## Equipment

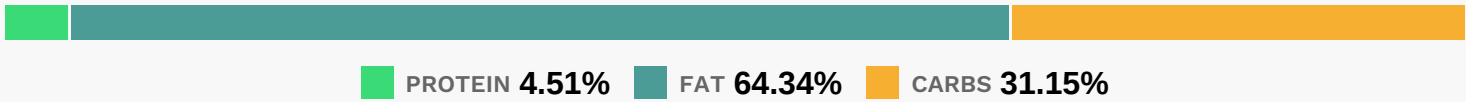
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ cookie cutter
- ☐ stove

## Directions

- ☐ Preheat oven to 374 degrees F. Line several cookie sheets with parchment paper or silicone baking mats. Set aside a 3-in round cookie cutter.
- ☐ Combine butter, sugar, and corn syrup in a medium saucepan. Melt together over medium heat on the stove, stirring occasionally.
- ☐ Add flour and stir to combine.
- ☐ Add cream and salt and stir to combine. Continue cooking until mixture comes to a boil.
- ☐ Add the almonds and stir to combine. Continue cooking, stirring constantly, until mixture thickens and moves around the pan as one mass.
- ☐ Remove from heat. Drop tablespoons of batter onto prepared cookie sheets, 4 to a sheet (the batter will spread out quite thin so space out the batter). Flatten batter with a wet hand or back of a spoon.
- ☐ Bake for 5 to 8 minutes, until edges are brown and centers are golden.
- ☐ Remove sheets from oven and use cookie cutter to "scoop" the batter back into a circular shape (use the edge to move the batter – do not press down like cutting out a cookie). Cookies will begin to harden in moments.
- ☐ Let finish cooling and hardening on wire racks before removing from parchment. To finish: Melt the chocolate in a metal bowl over a pot of simmering water.
- ☐ Drizzle melted chocolate over the cooled florentines.

Let chocolate set before serving.

# Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:5.2, Inflammation Score:-2, Nutrition Score:2.7408695527069%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 136.38kcal (6.82%), Fat: 10.11g (15.56%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 10.02g (3.64%), Sugar: 9.35g (10.39%), Cholesterol: 16.22mg (5.41%), Sodium: 18.64mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin E: 1.71mg (11.41%), Manganese: 0.18mg (9%), Magnesium: 21.98mg (5.5%), Copper: 0.1mg (5.14%), Vitamin B2: 0.08mg (4.6%), Fiber: 1g (4.01%), Phosphorus: 39.89mg (3.99%), Vitamin A: 191.46IU (3.83%), Iron: 0.44mg (2.43%), Calcium: 21.23mg (2.12%), Zinc: 0.29mg (1.92%), Potassium: 65.55mg (1.87%), Vitamin B3: 0.26mg (1.29%), Vitamin B1: 0.02mg (1.09%), Selenium: 0.76µg (1.08%)