



Miniature Florentines

 Gluten Free

READY IN



300 min.

SERVINGS



84

CALORIES



33 kcal

DESSERT

Ingredients

- ☐ 0.7 cup almonds sliced
- ☐ 8 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.3 cup candied orange peel finely chopped
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2.5 tablespoons honey
- ☐ 0.5 cup sugar
- ☐ 3.5 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ double boiler
- ☐ spatula

Directions

- ☐ Preheat oven to 400°F.
- ☐ Boil sugar, butter, honey, and cream in a 1-quart heavy saucepan over moderate heat, stirring constantly, until creamy and slightly thickened, about 5 minutes.
- ☐ Remove from heat and stir in almonds and orange peel (batter will be thin).
- ☐ Drop level 1/2 teaspoons of batter about 2 inches apart on parchment-lined baking sheets. (Batter will thicken as it cools; you may need to reheat for last few batches.)
- ☐ Bake in batches in middle of oven until golden brown and bubbly, 8 to 10 minutes. (Cookies will look runny at this point.) Cool cookies on sheets on racks until firm enough to be lifted, about 2 minutes, then transfer with a metal spatula to racks to cool completely. (These cookies are very delicate; if they become too brittle to lift easily, return to oven to soften, about 1 minute.)
- ☐ Melt chocolate in a double boiler or a metal bowl set over a saucepan of barely simmering water, stirring occasionally, then remove top of double boiler or bowl from heat. Dip about one third of each cookie into chocolate, then transfer to a parchment-lined tray.
- ☐ Let stand until chocolate is set, about 1 hour.
- ☐ · Cookies keep, layered between sheets of wax or parchment paper (do not overlap) and chilled in an airtight container, 1 week.* Available through Fauchon (866-308-591
- ☐ or The
- ☐ Baker's Catalogue (800-827-6836).

Nutrition Facts



 **PROTEIN 3.98%**  **FAT 53.05%**  **CARBS 42.97%**

Properties

Glycemic Index:1.58, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:0.68652174079224%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.18kcal (1.66%), Fat: 2g (3.08%), Saturated Fat: 1g (6.28%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.34g (1.21%), Sugar: 3.1g (3.44%), Cholesterol: 1.82mg (0.61%), Sodium: 0.91mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Manganese: 0.05mg (2.68%), Copper: 0.04mg (2.09%), Magnesium: 6.79mg (1.7%), Vitamin E: 0.22mg (1.47%), Fiber: 0.32g (1.26%), Iron: 0.2mg (1.12%), Phosphorus: 10.93mg (1.09%)