



Poppy Seed Squares wth Chocolate Tips

READY IN



60 min.

SERVINGS



36

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces chocolate (1 bar)
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon poppy seeds
- ☐ 5 tablespoons rice flour
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted

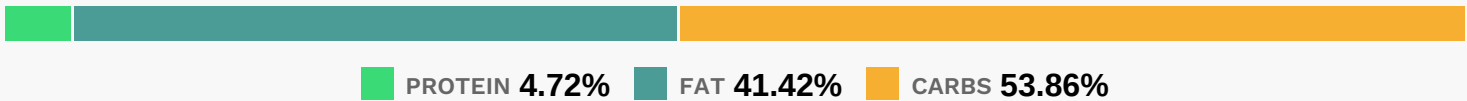
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 275°F.
- ☐ Beat the butter until very light and creamy. Sift the flour into a separate bowl, then add it to the butter and continue to mix until it looks crumbly.
- ☐ Add the rice flour, sugar, poppy seeds, and a pinch of salt.
- ☐ Mix until all is blended thoroughly. The mixture will still look like loose crumbs.
- ☐ Use the warmth of your hand to form the dough into a ball. Divide it in half and roll out the first half on a floured surface to 1/2-inch thick.
- ☐ Cut the dough into squares or rectangles, then scoop up the scraps and add them to the remaining dough.
- ☐ Roll out the remaining dough and cut it into more squares.
- ☐ Lightly butter and flour a cookie sheet and place the cookies on the sheet. They can be pretty close together.
- ☐ Bake for 30 to 35 minutes, until they just start to take on a brown tinge.
- ☐ Remove, let cool for a few minutes, then transfer to a rack to finish cooling.
- ☐ Break up the chocolate into a bowl and set it over a small pot of simmering water.
- ☐ Add the butter and stir until it's finally melted and looks glossy and smooth.
- ☐ Remove from heat and let cool slightly.
- ☐ One by one dunk cookies in chocolate, pulling away to let the excess drop off.
- ☐ Lay them on parchment-lined sheets (or wire racks with parchment under them) to set.

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:7.89, Inflammation Score:-1, Nutrition Score:1.9965217479545%

Nutrients (% of daily need)

Calories: 96.75kcal (4.84%), Fat: 4.7g (7.24%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.98g (4.72%), Sugar: 6.74g (7.49%), Cholesterol: 3.39mg (1.13%), Sodium: 2.98mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.24mg (2.08%), Protein: 1.21g (2.41%), Manganese: 0.12mg (6.17%), Selenium: 2.84µg (4.05%), Vitamin B1: 0.06mg (4%), Copper: 0.07mg (3.5%), Vitamin B2: 0.06mg (3.43%), Iron: 0.61mg (3.4%), Magnesium: 13.47mg (3.37%), Folate: 13.29µg (3.32%), Fiber: 0.78g (3.12%), Vitamin B3: 0.5mg (2.52%), Phosphorus: 24.97mg (2.5%), Zinc: 0.22mg (1.47%), Potassium: 37.84mg (1.08%)