



Starry Starry Nights



Gluten Free

READY IN



45 min.

SERVINGS



80

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.2 ounces bittersweet chocolate whole (I use 2 bars plus 2 strips of bittersweet Lindt chocolate which comes in a 3.5 ounce bar and is available at most grocery stores)
- ☐ 3 tablespoons butter
- ☐ 2 teaspoons non-dutch processed cocoa powder
- ☐ 2 large eggs
- ☐ 2.6 ounces slivered almonds ground to a powder fine ()
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon salt
- ☐ 2.4 ounces sugar for dipping ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ melon baller

Directions

- ☐ Combine the eggs, sugar, and honey in the bowl of an electric mixer. Beat with the whisk attachment on high speed until the mixture reaches a thick ribbon stage.
- ☐ Melt the chocolate and butter together in a heatproof bowl over simmering water. Cool slightly.
- ☐ Toss the almond flour, salt, and cocoa in a bowl until well combined.
- ☐ Add to the melted chocolate and mix until fully incorporated.
- ☐ Add a quarter of the whipped egg mixture to the chocolate to lighten. Stir until no egg is visible. Gently fold the rest of the egg mixture into the chocolate until well combined, being careful to maintain the aerated quality of the eggs.
- ☐ Chill until firm.
- ☐ Place a few tablespoons of sugar in a small bowl. Using the smallest cookie scooper available (I use one the size of a melon baller), scoop individual cookies, dip them in the sugar, and place on a parchment-lined sheet pan 1/2 inch apart. Freeze uncovered until very hard, about an hour.
- ☐ Preheat the oven to 350°F. Just before baking, dip each cookie in sugar again.
- ☐ Bake 10 minutes, turning after 5 minutes to ensure even baking. Cookies should be slightly cracked but the sugar should not be browned.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Confections of a Closet Master

Nutrition Facts



 **PROTEIN 6.66%**  **FAT 58.77%**  **CARBS 34.57%**

Properties

Glycemic Index:2.15, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:0.62043478210335%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Nutrients (% of daily need)

Calories: 31.71kcal (1.59%), Fat: 2.12g (3.26%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.17g (2.41%), Cholesterol: 5.95mg (1.98%), Sodium: 20mg (0.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Manganese: 0.04mg (2%), Copper: 0.04mg (1.91%), Fiber: 0.34g (1.36%), Iron: 0.25mg (1.36%), Magnesium: 5.41mg (1.35%), Phosphorus: 10.35mg (1.04%)