



Triple Chocolate Almond Mandelbrot

 Dairy Free

READY IN



185 min.

SERVINGS



40

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup almonds sliced coarsely chopped
- 1 tsp double-acting baking powder
- 1 cup canola oil
- 40 servings dairy free chocolate chips
- 3 eggs
- 3 cups flour
- 0.3 tsp salt
- 12 oz bittersweet chocolate dark chopped (for melting)

- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1.5 tsp vanilla extract pure
- 1 cup chocolate chips dark white (semisweet, , or)

Equipment

- baking sheet
- mixing bowl
- wire rack
- plastic wrap
- stand mixer
- sifter

Directions

- Save Recipe
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- Triple Chocolate Almond Mandelbrot
- Ingredients3 eggs1 cup sugar1 cup canola oil1 1/2 tsp pure vanilla extract1/4 tsp salt3 cups flour1/4 cup unsweetened cocoa powder1 tsp baking powder1 cup coarsely chopped or sliced almonds1 cup chocolate chips or chunks (semisweet, dark, or white)12 oz. dark or semisweet chocolate, chopped (for melting)You will also need
- Electric hand or stand mixer, mixing bowls, sifter, plastic wrap, 1 or 2 baking sheets, cooling rack, parchment or wax paperPAREVE NOTEUse pareve chocolate and cocoa to keep this dessert pareve/dairy free
- Prep Time: 2 Hours 20 Minutes
- Cook Time: 45 Minutes
- Total Time: 3 Hours 5 Minutes
- Servings: About 40 mandelbrot
- Kosher Key: Dairy or Pareve

Nutrition Facts

PROTEIN 7.15% FAT 42.61% CARBS 50.24%

Properties

Glycemic Index:6.18, Glycemic Load:8.72, Inflammation Score:-2, Nutrition Score:4.395652194305%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 161.63kcal (8.08%), Fat: 7.77g (11.95%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 18.96g (6.89%), Sugar: 10.28g (11.43%), Cholesterol: 12.83mg (4.28%), Sodium: 37.46mg (1.63%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 8.55mg (2.85%), Protein: 2.93g (5.86%), Manganese: 0.26mg (12.88%), Copper: 0.17mg (8.74%), Selenium: 5.34µg (7.63%), Iron: 1.34mg (7.42%), Magnesium: 27.99mg (7%), Fiber: 1.66g (6.63%), Vitamin E: 0.95mg (6.31%), Phosphorus: 61.98mg (6.2%), Vitamin B2: 0.1mg (6.01%), Vitamin B1: 0.09mg (5.82%), Folate: 20.84µg (5.21%), Zinc: 0.6mg (4.01%), Vitamin B3: 0.77mg (3.85%), Calcium: 37.17mg (3.72%), Potassium: 116.68mg (3.33%), Vitamin K: 1.81µg (1.72%), Vitamin B5: 0.16mg (1.63%), Vitamin B6: 0.02mg (1.12%)