



## Tropical Florentines

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



194 kcal

DESSERT

### Ingredients

- 1 oz clear honey
- 3.5 oz chocolate dark
- 3.5 oz mango dried chopped
- 1.8 oz g muscovado sugar light
- 3.5 oz pecans chopped
- 1 oz flour plain
- 1.8 oz butter unsalted cut into pieces

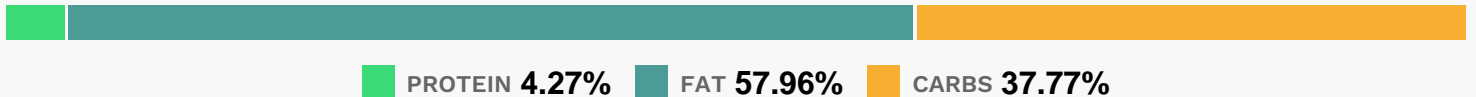
### Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- palette knife

## Directions

- Preheat the oven to 350°F. Melt the butter, sugar, and honey together in a saucepan set over a low heat, stirring occasionally.
- Remove from the heat and stir in the flour, mango and pecans.
- Mix until smooth.
- Drop dessertspoonfuls of the mixture, quite widely spaced, onto baking sheets lined with nonstick baking paper.
- Spread into thinnish rounds using the back of a spoon, leaving space for them to spread.
- Bake for 10 - 12 minutes, ensuring the biscuits do not burn. Cool on the baking sheet for 10 minutes, then use a palette knife to carefully transfer the biscuits to a wire rack. Leave to cool completely.
- Meanwhile, melt the chocolate in a bowl set over a saucepan of simmering water, ensuring that the bottom of the bowl doesn't touch the water. When the florentines are cool, dip each one into the melted chocolate to half cover. Leave to set on a tray lined with nonstick baking paper (you can get them to set quickly by putting the biscuits in the refrigerator for 30 minutes).

## Nutrition Facts



## Properties

Glycemic Index:13.36, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:5.2743477989798%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

## **Nutrients (% of daily need)**

Calories: 193.76kcal (9.69%), Fat: 12.85g (19.78%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 16.64g (6.05%), Sugar: 12.62g (14.02%), Cholesterol: 9.14mg (3.05%), Sodium: 3.41mg (0.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.61mg (2.2%), Protein: 2.13g (4.26%), Manganese: 0.55mg (27.7%), Vitamin A: 981.53IU (19.63%), Copper: 0.25mg (12.61%), Iron: 1.73mg (9.62%), Fiber: 2.2g (8.81%), Magnesium: 29.88mg (7.47%), Phosphorus: 52.17mg (5.22%), Vitamin B1: 0.08mg (5.08%), Zinc: 0.68mg (4.5%), Potassium: 103.27mg (2.95%), Selenium: 1.79µg (2.55%), Calcium: 21.09mg (2.11%), Vitamin B2: 0.03mg (1.83%), Vitamin E: 0.26mg (1.75%), Vitamin C: 1.41mg (1.71%), Vitamin B3: 0.33mg (1.66%), Folate: 6.36µg (1.59%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.02mg (1.2%), Vitamin K: 1.19µg (1.13%)