



 **65%**
HEALTH SCORE

Brutti Ma Buoni

 Vegetarian  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



2165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups confectioners' sugar
- 1 large egg white lightly beaten
- 8 ounces hazelnuts
- 1 serving salt
- 2 teaspoons vanilla extract pure

Equipment

- food processor
- bowl

- baking sheet
- baking paper
- oven
- kitchen towels

Directions

- Preheat the oven to 40
- Spread the hazelnuts on a large rimmed baking sheet and toast for about 12 minutes, until the nuts are fragrant and the skins blister.
- Transfer the hazelnuts to a kitchen towel and let cool, then rub them together to remove their skins.
- In a food processor, pulse the hazelnuts with the confectioners' sugar and salt until finely chopped. Scrape the hazelnut mixture into a medium bowl. Stir in the beaten egg white and vanilla.
- Line the baking sheet with parchment paper. Spoon tablespoon-size mounds of the hazelnut dough onto the prepared baking sheet 1 inch apart.
- Bake the cookies in the center of the oven for about 14 minutes, until browned in spots (about 13 minutes for chewy cookies and 15 minutes for slightly crisp cookies).
- Let the cookies cool on the baking sheet before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:46.9495652318%

Flavonoids

Cyanidin: 15.22mg, Cyanidin: 15.22mg, Cyanidin: 15.22mg, Cyanidin: 15.22mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 6.3mg, Epigallocatechin: 6.3mg, Epigallocatechin: 6.3mg, Epigallocatechin: 6.3mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 2.4mg, Epigallocatechin 3-gallate: 2.4mg, Epigallocatechin 3-gallate: 2.4mg, Epigallocatechin 3-gallate: 2.4mg

Nutrients (% of daily need)

Calories: 2164.68kcal (108.23%), Fat: 137.95g (212.24%), Saturated Fat: 10.12g (63.22%), Carbohydrates: 218.77g (72.92%), Net Carbohydrates: 196.77g (71.55%), Sugar: 187.13g (207.92%), Cholesterol: 0mg (0%), Sodium: 252.89mg (11%), Alcohol: 2.75g (100%), Alcohol %: 0.78% (100%), Protein: 37.62g (75.24%), Manganese: 14.03mg (701.72%), Vitamin E: 34.02mg (226.8%), Copper: 3.93mg (196.35%), Vitamin B1: 1.46mg (97.37%), Magnesium: 374.27mg (93.57%), Fiber: 22g (88%), Phosphorus: 663.14mg (66.31%), Folate: 257.6µg (64.4%), Vitamin B6: 1.28mg (64.03%), Iron: 10.81mg (60.03%), Potassium: 1611.48mg (46.04%), Zinc: 5.59mg (37.29%), Vitamin K: 32.21µg (30.67%), Calcium: 263.66mg (26.37%), Vitamin B2: 0.44mg (26.06%), Vitamin B5: 2.15mg (21.47%), Vitamin B3: 4.15mg (20.75%), Selenium: 13.12µg (18.75%), Vitamin C: 14.29mg (17.32%)