



Chocolate and Hazelnut Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup condensed milk sweetened
- ☐ 100 g chocolate dark 72% chopped (cacao)
- ☐ 1 tablespoons hazelnut oil
- ☐ 0.5 cup hazelnuts
- ☐ 1 pinch salt
- ☐ 3 tablespoons water hot

Equipment

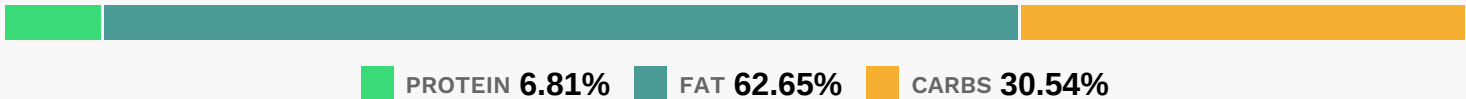
- ☐ food processor

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350°F (180°C). Turn the hazelnuts out onto a baking sheet and toast in the preheated oven for about 5–7 minutes, until pale golden.
- ☐ Remove the nuts from the oven and cool slightly.
- ☐ Put the warm hazelnuts into a food processor and chop until they become an almost smooth paste.
- ☐ Gently melt the chocolate, condensed milk, and hazelnut oil in a small saucepan over low heat. Stir until smooth and add to the hazelnut paste in the food processor.
- ☐ Add a pinch of salt and blend, then add the hot water and blend again until the mixture has a thick, spreadable consistency.
- ☐ Spoon into a pretty sterilized jar and let cool. Cover with a lid and label when cold.
- ☐ It will keep in the refrigerator for up to 2 weeks.
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Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:4.25, Inflammation Score:-2, Nutrition Score:5.142173876581%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg

Nutrients (% of daily need)

Calories: 142.24kcal (7.11%), Fat: 10.16g (15.63%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 9.47g (3.44%), Sugar: 8.21g (9.12%), Cholesterol: 3.77mg (1.26%), Sodium: 19.05mg (0.83%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8mg (2.67%), Protein: 2.49g (4.97%), Manganese: 0.57mg (28.3%), Copper: 0.28mg (14.1%), Vitamin E: 1.62mg (10.78%), Magnesium: 35.28mg (8.82%), Iron: 1.49mg (8.29%), Phosphorus: 74.01mg (7.4%), Fiber: 1.67g (6.69%), Calcium: 43.25mg (4.32%), Potassium: 150.14mg (4.29%), Zinc: 0.57mg (3.83%), Vitamin B1: 0.05mg (3.41%), Vitamin B2: 0.06mg (3.35%), Selenium: 2.33µg (3.33%), Vitamin B6: 0.04mg (2.14%), Folate: 7.9µg (1.98%), Vitamin B5: 0.17mg (1.73%), Vitamin K: 1.64µg (1.56%), Vitamin B12: 0.07µg (1.21%), Vitamin B3: 0.23mg (1.17%)