



## Chocolate-Dipped Hazelnut Caramel Squares

READY IN



170 min.

SERVINGS



46

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 cups flour
- ☐ 8 ounces bittersweet chocolate 61% chopped (do not exceed cacao)
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.3 cup candied orange peel chopped
- ☐ 1 cup brown sugar packed ()
- ☐ 5 ounces hazelnuts coarsely chopped
- ☐ 6 tablespoons cup heavy whipping cream
- ☐ 0.3 cup orange-flower water
- ☐ 0.3 teaspoon salt

☐ 0.7 cup sugar

## Equipment

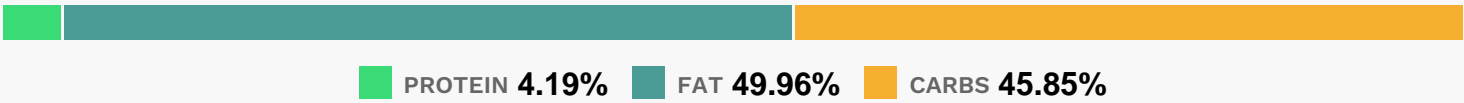
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ candy thermometer

## Directions

- ☐ Preheat oven to 350°. Line 13 x 9 x 2-inch metal baking pan with foil.
- ☐ Mix flour, brown sugar, and salt in processor 5 seconds.
- ☐ Add 3/4 cup butter; using on/off turns, process until coarse meal forms.
- ☐ Transfer to pan; press firmly and evenly onto bottom of pan.
- ☐ Bake crust until golden, about 20 minutes. Maintain oven temperature.
- ☐ Bring 6 tablespoons butter, 2/3 cup sugar, cream, honey, and finely grated orange peel to boil in heavy small saucepan, stirring until sugar dissolves and butter melts. Boil until candy thermometer registers 230°F, about 6 minutes. Stir in nuts and candied orange peel.
- ☐ Spoon hot nut mixture evenly over crust in pan. Return to oven and bake until entire surface is bubbling, about 10 minutes. Cool 20 minutes. Using foil as aid, lift cookie from pan. Carefully peel foil from edges.
- ☐ Cut warm cookie into 1 1/2-inch squares. Cool cookies completely.
- ☐ Line rimmed baking sheet with parchment paper or waxed paper. Melt chocolate in small metal bowl set over saucepan of simmering water until warm to touch.
- ☐ Remove bowl from over water. Dip corner or edge of each cookie in melted chocolate and place on prepared baking sheet. Chill until chocolate is set, about 1 hour. DO AHEAD: cookies

can be made up to 3 weeks ahead. Store in airtight container in freezer. Bring cookies to room temperature before serving.

## Nutrition Facts



### Properties

Glycemic Index:4.57, Glycemic Load:5.06, Inflammation Score:-2, Nutrition Score:2.8913043769805%

### Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

### Nutrients (% of daily need)

Calories: 132.83kcal (6.64%), Fat: 7.53g (11.59%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.7g (5.35%), Sugar: 10.21g (11.34%), Cholesterol: 10.46mg (3.49%), Sodium: 39.73mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.24mg (1.41%), Protein: 1.42g (2.84%), Manganese: 0.3mg (14.84%), Copper: 0.13mg (6.26%), Vitamin B1: 0.06mg (4.31%), Iron: 0.75mg (4.16%), Vitamin E: 0.6mg (3.99%), Magnesium: 15.57mg (3.89%), Selenium: 2.51µg (3.58%), Folate: 13.66µg (3.42%), Fiber: 0.85g (3.41%), Phosphorus: 29.88mg (2.99%), Vitamin A: 124.49IU (2.49%), Vitamin B2: 0.04mg (2.25%), Vitamin B3: 0.43mg (2.13%), Potassium: 64.35mg (1.84%), Zinc: 0.25mg (1.7%), Calcium: 13.72mg (1.37%), Vitamin B6: 0.02mg (1.21%), Vitamin K: 1.13µg (1.08%)