



Chocolate Dipped Hazelnut Shortbread

READY IN



40 min.

SERVINGS



12

CALORIES



250 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 8 tablespoons butter room temperature (1 stick)
- 1 eggs
- 1 cup flour all-purpose
- 1 cup hazelnuts husked
- 0.5 teaspoon salt
- 4 ounces bittersweet chocolate
- 0.3 cup sugar
- 1 teaspoon vanilla extract

Equipment

- food processor
- baking sheet
- sauce pan
- oven
- whisk
- blender
- double boiler
- wooden spoon

Directions

- Preheat oven to 350 degrees F.
- Place hazelnuts on baking sheet.
- Bake until they're a shade darker and fragrant, about 10 to 15 minutes.
- Remove from oven and set aside to cool.
- Lower oven to 325 degrees F.
- Place hazelnuts in blender or food processor and pulse to coarse bits; set aside.
- Whisk together flour, baking powder, and salt to blend; set aside.
- Beat butter and sugar together with a wooden spoon until smooth. Beat in egg and vanilla. Gradually beat the flour mixture into the butter mixture.
- Add the chopped hazelnuts and mix until distributed evenly throughout.
- Form into approximately 1-inch by 2-inch long cookies and place on greased cookie sheets.
- Bake until firm, about 15 minutes.
- Remove from oven and cool on racks.
- In a saucepan over lowest heat or in a double boiler, melt chocolate. Dip 1 end of cooled cookies into melted chocolate.
- Place back on cookie sheet to harden.

Serves: 12; Calories: 242; Total Fat:17 grams; Saturated Fat: 7 grams; Protein: 4 grams; Total carbohydrates: 21 grams; Sugar: 12 grams; Fiber: 2 grams; Cholesterol: 38 milligrams; Sodium: 124 milligrams

Nutrition Facts

 PROTEIN **5.79%**  FAT **62.52%**  CARBS **31.69%**

Properties

Glycemic Index:25.17, Glycemic Load:9.78, Inflammation Score:-4, Nutrition Score:7.21260859137%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 250.03kcal (12.5%), Fat: 17.74g (27.29%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 18.22g (6.62%), Sugar: 9.54g (10.6%), Cholesterol: 34.27mg (11.42%), Sodium: 181.02mg (7.87%), Alcohol: 0.1g (100%), Alcohol %: 0.3% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.7g (7.39%), Manganese: 0.82mg (40.8%), Copper: 0.31mg (15.41%), Vitamin E: 1.82mg (12.11%), Vitamin B1: 0.15mg (10.07%), Iron: 1.64mg (9.11%), Magnesium: 35.94mg (8.98%), Selenium: 5.82µg (8.31%), Folate: 32.37µg (8.09%), Fiber: 2.01g (8.03%), Phosphorus: 77.99mg (7.8%), Vitamin B2: 0.09mg (5.22%), Vitamin A: 259.76IU (5.2%), Vitamin B3: 0.88mg (4.41%), Zinc: 0.63mg (4.17%), Potassium: 140.68mg (4.02%), Vitamin B6: 0.07mg (3.53%), Calcium: 33.06mg (3.31%), Vitamin K: 2.8µg (2.66%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.07µg (1.09%)