



Chocolate Dipped Hazelnut Shortbread

READY IN



18 min.

SERVINGS



6

CALORIES



500 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. Gradually beat the flour mixture into the butter mixture.
- Add the chopped hazelnuts and mix until distributed evenly throughout.
- Form into 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.

Nutrition Facts

PROTEIN 5.79% FAT 62.52% CARBS 31.69%

Properties

Glycemic Index:50.35, Glycemic Load:19.56, Inflammation Score:-6, Nutrition Score:14.426521632982%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 500.06kcal (25%), Fat: 35.48g (54.58%), Saturated Fat: 14.91g (93.2%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 36.44g (13.25%), Sugar: 19.07g (21.19%), Cholesterol: 68.55mg (22.85%), Sodium: 362.04mg (15.74%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Caffeine: 16.25mg (5.42%), Protein: 7.39g (14.78%), Manganese: 1.63mg (81.6%), Copper: 0.62mg (30.83%), Vitamin E: 3.63mg (24.23%), Vitamin B1: 0.3mg (20.14%), Iron: 3.28mg (18.21%), Magnesium: 71.88mg (17.97%), Selenium: 11.64µg (16.62%), Folate: 64.73µg (16.18%), Fiber: 4.02g (16.06%), Phosphorus: 155.98mg (15.6%), Vitamin B2: 0.18mg (10.43%), Vitamin A: 519.53IU (10.39%), Vitamin B3: 1.76mg (8.82%), Zinc: 1.25mg (8.34%), Potassium: 281.37mg (8.04%), Vitamin B6: 0.14mg (7.07%), Calcium: 66.12mg (6.61%), Vitamin K: 5.59µg (5.33%), Vitamin B5: 0.46mg (4.65%), Vitamin B12: 0.13µg (2.18%), Vitamin C: 1.26mg (1.53%)