



Chocolate-Filled Hazelnut Cookies

READY IN



54 min.

SERVINGS



30

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 1 stick plus 1 tablespoon butter unsalted softened
- ☐ 1 cup cake flour
- ☐ 1 level tablespoon cocoa powder
- ☐ 1 cup confectioners' sugar
- ☐ 0.8 cup hazelnuts toasted
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 0.1 teaspoon salt

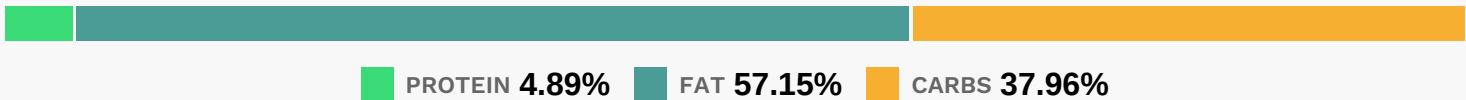
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Grind the nuts with confectioners' sugar until powdery (do not make into a paste).
- ☐ Blend together the butter, lemon zest, salt, and nut mixture in a large bowl with a spatula or spoon until creamy.
- ☐ Add the flour and cocoa powder, stirring until incorporated. Do not overwork the dough.
- ☐ Roll level 1/2 teaspoons of dough into tiny balls and arrange 1-inch apart on the prepared baking sheets.
- ☐ Bake 1 sheet at a time until lightly crisped, about 12 minutes. Slide the parchment paper with the baked cookies onto a rack to cool.
- ☐ In a microwave-safe bowl, melt the chocolate in the microwave.
- ☐ Spoon a mound, about 1/8 teaspoon, of melted chocolate onto the flat side of a cookie then top with the flat side of another cookie to make a "sandwich." Repeat.
- ☐ Plain cookies can be baked and cooled 1 week ahead and kept at room temperature in an airtight container. Fill when ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:1.99, Inflammation Score:-1, Nutrition Score:1.9899999888047%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 92.95kcal (4.65%), Fat: 6.04g (9.29%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.39g (3.05%), Sugar: 5.1g (5.67%), Cholesterol: 8.27mg (2.76%), Sodium: 34.36mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Manganese: 0.26mg (12.86%), Copper: 0.1mg (4.81%), Vitamin E: 0.57mg (3.81%), Selenium: 2.03µg (2.9%), Magnesium: 11.17mg (2.79%), Fiber: 0.63g (2.53%), Phosphorus: 21.26mg (2.13%), Iron: 0.37mg (2.03%), Vitamin A: 96.24IU (1.92%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.19mg (1.27%), Folate: 4.89µg (1.22%), Potassium: 42.16mg (1.2%)