



## Chocolate-Filled Hazelnut Cookies

READY IN



45 min.

SERVINGS



50

CALORIES



56 kcal

DESSERT

### Ingredients

- 3 oz bittersweet chocolate unsweetened 70% chopped (not ; preferably cacao)
- 1 cup cake flour (not self-rising)
- 1 cup powdered sugar
- 0.8 cup hazelnuts cooled toasted
- 0.3 teaspoon lemon zest fresh finely grated
- 0.1 teaspoon salt
- 0.5 cup butter unsalted softened well

### Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- wooden spoon
- ziploc bags
- spatula
- kitchen scissors

## Directions

- Put oven rack in middle position and preheat oven to 350°F. Line 2 or 3 baking sheets with parchment paper.
- Grind nuts with confectioners sugar in a food processor until powdery (be careful not to process to a paste).
- Beat together butter, zest, salt, and nut mixture in a large bowl with a rubber spatula or wooden spoon until creamy, then add flour, stirring until just incorporated (do not overwork).
- Roll level 1/2 teaspoons of dough into tiny balls (the size of marbles) and arrange 1 inch apart on baking sheets.
- Bake, 1 sheet at a time, until very pale golden, 12 to 14 minutes, then slide parchment with cookies onto a rack to cool completely.
- Melt chocolate in a metal bowl set over a saucepan of barely simmering water, stirring occasionally, until smooth. Spoon melted chocolate into a small plastic bag and seal bag, forcing out excess air. Snip off 1 bottom corner of bag with scissors to form a small hole.
- Pipe a small mound (about 1/8 teaspoon) of melted chocolate onto flat sides of 10 cookies, then top with 10 more cookies, pressing flat sides together to help adhere. Repeat procedure with remaining cookies.
- Cookies can be baked and cooled, but not filled, 1 week ahead and kept in an airtight container at room temperature. • Filled cookies are best eaten the same day, but leftovers keep in an airtight container at room temperature 2 days.

# Nutrition Facts

PROTEIN 4.86% FAT 57.25% CARBS 37.89%

## Properties

Glycemic Index:1.64, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:1.1965217243718%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

## Nutrients (% of daily need)

Calories: 55.79kcal (2.79%), Fat: 3.63g (5.58%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 5.03g (1.83%), Sugar: 3.06g (3.4%), Cholesterol: 4.98mg (1.66%), Sodium: 6.33mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.15mg (7.68%), Copper: 0.06mg (2.86%), Vitamin E: 0.34mg (2.28%), Selenium: 1.22µg (1.74%), Magnesium: 6.6mg (1.65%), Fiber: 0.37g (1.49%), Phosphorus: 12.61mg (1.26%), Iron: 0.22mg (1.2%), Vitamin A: 57.99IU (1.16%)