



 **59%**
HEALTH SCORE

Chocolate Hazelnut Corners

 Dairy Free  Very Healthy

READY IN



280 min.

SERVINGS



1

CALORIES



4974 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter softened
- 1 eggs
- 2.5 cups flour all-purpose
- 3 tablespoons ground hazelnuts
- 0.8 cup hazelnuts finely chopped
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 0.8 cup semi chocolate chips melted

- 3 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- In medium bowl, mix powdered sugar, butter, vanilla and egg with spoon. Stir in flour and salt. Divide dough in half. Stir cocoa into one half of dough; stir ground hazelnuts into other half of dough.
- Roll half of each dough on waxed paper into 11x7-inch rectangle.
- Place hazelnut dough on cocoa dough; peel off waxed paper.
- Roll doughs together to 3/16-inch thickness.
- Roll up rectangle tightly, beginning at 11-inch side, using waxed paper to help lift. Pinch edge of dough into roll to seal. Wrap and refrigerate at least 4 hours until firm. Repeat with remaining dough.
- Heat oven to 375F.
- Cut rolls into 1/4-inch slices.
- Cut each slice into fourths.
- Place pieces 1 inch apart on ungreased cookie sheet.
- Bake 5 to 6 minutes or until set. Immediately remove from cookie sheet to wire rack. Cool completely.
- Dip curved edge of each cookie into melted chocolate, then dip into chopped hazelnuts.
- Place on waxed paper until chocolate is firm. Store tightly covered or freeze.

Nutrition Facts



■ PROTEIN 5.6% ■ FAT 57.79% ■ CARBS 36.61%

Properties

Glycemic Index:90, Glycemic Load:173.47, Inflammation Score:-10, Nutrition Score:69.256956515105%

Flavonoids

Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg Catechin: 10.79mg, Catechin: 10.79mg, Catechin: 10.79mg, Catechin: 10.79mg Epigallocatechin: 2.5mg, Epigallocatechin: 2.5mg, Epigallocatechin: 2.5mg, Epigallocatechin: 2.5mg Epicatechin: 29.66mg, Epicatechin: 29.66mg, Epicatechin: 29.66mg, Epicatechin: 29.66mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 4974.05kcal (248.7%), Fat: 325.14g (500.21%), Saturated Fat: 76.3g (476.9%), Carbohydrates: 463.42g (154.47%), Net Carbohydrates: 425.2g (154.62%), Sugar: 174.17g (193.52%), Cholesterol: 171.78mg (57.26%), Sodium: 3391.49mg (147.46%), Alcohol: 1.38g (100%), Alcohol %: 0.18% (100%), Caffeine: 150.6mg (50.2%), Protein: 70.84g (141.68%), Manganese: 10.08mg (504.12%), Copper: 4.3mg (214.76%), Vitamin B1: 3.13mg (208.5%), Selenium: 135.81µg (194.02%), Iron: 32.44mg (180.22%), Folate: 701.33µg (175.33%), Vitamin A: 8442.89IU (168.86%), Fiber: 38.22g (152.88%), Vitamin E: 22mg (146.65%), Magnesium: 540.5mg (135.12%), Vitamin B2: 2.06mg (121.14%), Phosphorus: 1199.17mg (119.92%), Vitamin B3: 21.63mg (108.15%), Zinc: 9.58mg (63.86%), Potassium: 2104.45mg (60.13%), Calcium: 409.58mg (40.96%), Vitamin B6: 0.8mg (40.2%), Vitamin B5: 3.5mg (35.05%), Vitamin K: 23.94µg (22.8%), Vitamin B12: 0.86µg (14.36%), Vitamin C: 7.99mg (9.68%), Vitamin D: 0.88µg (5.87%)