



 **59%**  
HEALTH SCORE

## Chocolate Hazelnut Corners

 Dairy Free  Very Healthy

READY IN



280 min.

SERVINGS



7

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup powdered sugar
- 1 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt
- 3 tablespoons cocoa powder unsweetened
- 3 tablespoons ground hazelnuts

- 0.8 cup semi chocolate chips melted
- 0.8 cup hazelnuts finely chopped

## 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 375°F.
- 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:12.86, Glycemic Load:24.78, Inflammation Score:-8, Nutrition Score:16.910869378111%

## Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 710.58kcal (35.53%), Fat: 46.45g (71.46%), Saturated Fat: 10.9g (68.13%), Carbohydrates: 66.2g (22.07%), Net Carbohydrates: 60.74g (22.09%), Sugar: 24.88g (27.65%), Cholesterol: 24.54mg (8.18%), Sodium: 484.5mg (21.07%), Alcohol: 0.2g (100%), Alcohol %: 0.18% (100%), Caffeine: 21.51mg (7.17%), Protein: 10.12g (20.24%), Manganese: 1.44mg (72.02%), Copper: 0.61mg (30.68%), Vitamin B1: 0.45mg (29.79%), Selenium: 19.4µg (27.72%), Iron: 4.63mg (25.75%), Folate: 100.19µg (25.05%), Vitamin A: 1206.13IU (24.12%), Fiber: 5.46g (21.84%), Vitamin E: 3.14mg (20.95%), Magnesium: 77.21mg (19.3%), Vitamin B2: 0.29mg (17.31%), Phosphorus: 171.31mg (17.13%), Vitamin B3: 3.09mg (15.45%), Zinc: 1.37mg (9.12%), Potassium: 300.64mg (8.59%), Calcium: 58.51mg (5.85%), Vitamin B6: 0.11mg (5.74%), Vitamin B5: 0.5mg (5.01%), Vitamin K: 3.42µg (3.26%), Vitamin B12: 0.12µg (2.05%), Vitamin C: 1.14mg (1.38%)