



## Chocolate Hazelnut Domes

READY IN



45 min.

SERVINGS



36

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon baking soda
- 12 ounces bittersweet chocolate
- 0.5 cup butter at room temperature
- 2 eggs
- 2 cups flour all-purpose
- 2 cups granulated sugar
- 1.5 cups hazelnuts toasted finely
- 0.3 cup powdered sugar
- 0.8 cup rolled oats

- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

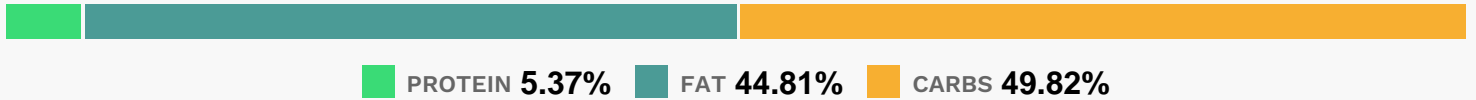
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- double boiler
- microwave

## Directions

- Preheat oven to 35
- In a microwave or double boiler, melt chocolate.
- In a large bowl, cream butter with granulated sugar until light and fluffy.
- Add eggs, vanilla, and melted chocolate and beat to combine.
- Add flour, soda, and salt. Stir in oats and hazelnuts.
- Break off small pieces of dough, roll into 1 1/2-in. balls, and arrange on parchment-lined baking sheets.
- Bake until puffed, about 9 minutes.
- Transfer to a cooling rack and sift powdered sugar over cookies.

## Nutrition Facts



## Properties

Glycemic Index:6.95, Glycemic Load:12.03, Inflammation Score:-2, Nutrition Score:4.9013043629087%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## **Nutrients (% of daily need)**

Calories: 190.55kcal (9.53%), Fat: 9.66g (14.87%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 22.58g (8.21%), Sugar: 15.66g (17.4%), Cholesterol: 16.44mg (5.48%), Sodium: 72.57mg (3.16%), Alcohol: 0.08g (100%), Alcohol %: 0.24% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.6g (5.21%), Manganese: 0.54mg (27.22%), Copper: 0.22mg (11.17%), Magnesium: 29.02mg (7.26%), Iron: 1.28mg (7.09%), Selenium: 4.61µg (6.59%), Vitamin B1: 0.1mg (6.57%), Fiber: 1.6g (6.4%), Vitamin E: 0.92mg (6.11%), Phosphorus: 59.11mg (5.91%), Folate: 20.14µg (5.04%), Vitamin B2: 0.06mg (3.64%), Zinc: 0.52mg (3.46%), Potassium: 105.83mg (3.02%), Vitamin B3: 0.6mg (3.01%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 97.71IU (1.95%), Vitamin B5: 0.16mg (1.65%), Vitamin K: 1.67µg (1.59%), Calcium: 15.77mg (1.58%)