



Chocolate Hazelnut Peanut Butter Lava Cookies

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 1 ml double-acting baking powder
- ☐ 170 grams extra chocolate chips dark
- ☐ 1 large eggs
- ☐ 63 grams lightly spooned and leveled flour
- ☐ 65 grams granulated sugar
- ☐ 0.3 teaspoon hazelnut extract (or use vanilla)
- ☐ 0.5 scant teaspoon salt (a little less than 2 ml)
- ☐ 56 grams butter unsalted

☐ 5 ml vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Melt 3 tablespoons of butter in a small saucepan set over medium heat. Reduce heat to low and stir in chocolate chips. Stir until melted; remove from heat and let cool slightly. Beat the egg, sugar, salt and both extracts in a medium bowl for about 2 minutes using high speed of an electric hand-held mixer. Beat in the melted chocolate mixture. Thoroughly stir together the flour and baking powder, then stir flour mixture into chocolate mixture and nuts. Cover bowl with plastic wrap and chill for an hour or more. Preheat oven to 375 degrees F. Line a cookie sheet with parchment paper. Working one at a time, scoop up generous heaping tablespoons of dough and shape into a mounds a little larger than a golf ball. Press a hole into the mound and stuff it with a teaspoon of chilled chocolate hazelnut spread. Seal the hole with some more dough.
- ☐ Place dough balls about 3 inches apart on lined baking sheet.
- ☐ Bake cookies one sheet at a time for exactly 12 minutes.
- ☐ Remove cookies from oven and immediately top with dots of peanut butter.
- ☐ Let it sit on the hot cookies and melt. Dot the peanut butter topping with a little more hazelnut spread.
- ☐ Let cool completely on the baking sheets, then carefully transfer to a wire rack to cool completely. you can eat these warm, or cool, chill, then carry somewhere.

Nutrition Facts



 **PROTEIN 5.77%**  **FAT 49.92%**  **CARBS 44.31%**

Properties

Glycemic Index:31.51, Glycemic Load:10.05, Inflammation Score:-2, Nutrition Score:3.9660869843286%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 236.44kcal (11.82%), Fat: 13.14g (20.22%), Saturated Fat: 9.97g (62.33%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 25.21g (9.17%), Sugar: 15.48g (17.2%), Cholesterol: 38.51mg (12.84%), Sodium: 45.92mg (2%), Alcohol: 0.19g (100%), Alcohol %: 0.47% (100%), Protein: 3.42g (6.83%), Selenium: 5.82µg (8.31%), Calcium: 78.41mg (7.84%), Vitamin B2: 0.11mg (6.47%), Zinc: 0.9mg (5.98%), Vitamin B1: 0.09mg (5.8%), Folate: 22.2µg (5.55%), Phosphorus: 52.55mg (5.26%), Manganese: 0.1mg (4.83%), Potassium: 155.29mg (4.44%), Iron: 0.78mg (4.31%), Vitamin A: 210.84IU (4.22%), Fiber: 1.04g (4.14%), Vitamin E: 0.59mg (3.93%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.3mg (2.99%), Copper: 0.06mg (2.97%), Magnesium: 10.62mg (2.66%), Vitamin B6: 0.04mg (2.15%), Vitamin B12: 0.13µg (2.12%), Vitamin K: 2.19µg (2.09%), Vitamin D: 0.23µg (1.53%)