



## Chocolate Hazelnut Spread



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



176 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 cup bean curd sheets raw
- 3 pinches kosher salt
- 0.5 cup powdered sugar
- 4 ounces bittersweet chocolate
- 2 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1 teaspoon vegetable oil

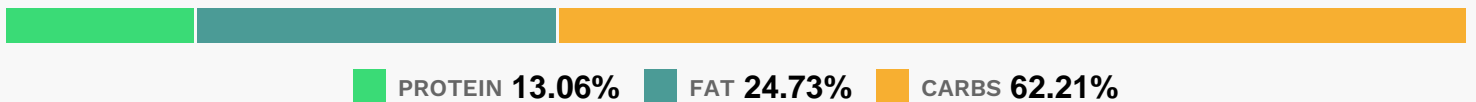
### Equipment

- food processor
- baking sheet
- sauce pan
- oven
- kitchen towels

## Directions

- Preheat oven to 35
- Roast hazelnuts on a rimmed baking sheet until light golden, about 18 minutes. Rub the warm nuts in a kitchen towel to remove skins.
- Whirl nuts in a food processor, scraping sides as needed, until it looks like peanut butter. Melt chocolate in a small saucepan over low heat, stirring frequently; let cool slightly.
- Add chocolate and remaining ingredients to nuts in food processor and whirl until smooth (some fine nutty bits will remain).
- \*Hazelnuts from Oregon--where virtually all the U.S. crop grows--taste much sweeter and fresher than imports. Find them in bulk bins in grocery stores (check the country of origin) and at [freddyguys.com](http://freddyguys.com), [hazelnuthill.com](http://hazelnuthill.com), or [yournw.com](http://yournw.com).

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.1378260708374%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 175.8kcal (8.79%), Fat: 4.93g (7.59%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 25.22g (9.17%), Sugar: 12.2g (13.56%), Cholesterol: 0.68mg (0.23%), Sodium: 117.76mg (5.12%), Alcohol: 0.07g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.05mg (4.02%), Protein: 5.86g (11.72%), Iron: 2.1mg (11.64%), Fiber: 2.7g (10.79%), Manganese: 0.19mg (9.48%), Copper: 0.18mg (9%), Magnesium: 24.98mg (6.24%),

Calcium: 51.05mg (5.11%), Vitamin C: 4.12mg (4.99%), Phosphorus: 36.84mg (3.68%), Zinc: 0.37mg (2.46%),  
Potassium: 79.94mg (2.28%), Selenium: 1.13µg (1.62%), Vitamin K: 1.67µg (1.59%)