



Chocolate-Hazelnut Tartlets

 Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup nutella jarred
- 24 flaky tartlet shells
- 15 servings garnish: whipped cream salted sweetened

Equipment

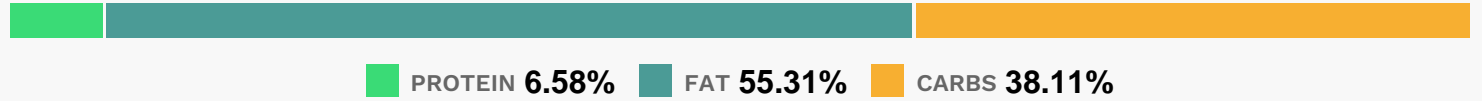
- ziploc bags

Directions

Spoon hazelnut spread into a 1-qt. heavy-duty zip-top plastic bag (do not seal). Snip 1 corner of bag to make a small hole. Pipe hazelnut spread evenly into Flaky Tartlet Shells. Top each with sweetened whipped cream and a roasted salted hazelnut.

Note: For testing purposes only, we used Nutella for hazelnut spread.

Nutrition Facts



Properties

Glycemic Index:5.62, Glycemic Load:2.08, Inflammation Score:-1, Nutrition Score:1.9495652350395%

Nutrients (% of daily need)

Calories: 175.94kcal (8.8%), Fat: 10.7g (16.47%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 14.98g (5.45%), Sugar: 6.95g (7.72%), Cholesterol: 9.94mg (3.31%), Sodium: 68.64mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Iron: 2.54mg (14.1%), Fiber: 1.61g (6.42%), Manganese: 0.09mg (4.34%), Vitamin E: 0.53mg (3.56%), Copper: 0.05mg (2.37%), Phosphorus: 20.54mg (2.05%), Magnesium: 7.06mg (1.76%), Calcium: 16.86mg (1.69%), Potassium: 49.52mg (1.41%), Vitamin B2: 0.02mg (1.23%)