



## Chocolate-Hazelnut Thumbprints

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter softened
- 0.3 cup nutella (such as Nutella)
- 2 large egg yolk
- 1 cup flour all-purpose
- 0.7 cup hazelnuts toasted finely chopped
- 1 cup powdered sugar
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- blender
- wax paper
- measuring cup

## Directions

- Preheat oven to 35
- Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, sugar, cocoa, and salt; stir with a whisk.
- Place butter in a large bowl, and beat with a mixer at medium speed until light and fluffy (about 2 minutes). Stir egg yolks with a whisk, adding espresso, if desired.
- Add the yolk mixture and vanilla to butter; beat well.
- Add flour mixture to butter mixture; beat at low speed just until combined.
- Turn dough out onto a sheet of wax paper; knead 6 times or until smooth and shiny. Shape dough into 28 (1-inch) balls.
- Roll sides of balls in nuts, pressing gently. Arrange balls 1 inch apart on baking sheets lined with parchment paper. Press thumb into center of each cookie, leaving an indentation.
- Bake, 1 batch at a time, at 350 for 10 minutes.
- Remove cookies from pans; cool completely on wire racks. Spoon a scant 1/2 teaspoon hazelnut-chocolate spread into center of each cookie.

## Nutrition Facts



■ PROTEIN 5.52% ■ FAT 54.17% ■ CARBS 40.31%

## Properties

Glycemic Index:6.05, Glycemic Load:3.09, Inflammation Score:0, Nutrition Score:2.8382608722086%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 105.63kcal (5.28%), Fat: 6.59g (10.14%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.07g (3.66%), Sugar: 6.29g (6.99%), Cholesterol: 21.83mg (7.28%), Sodium: 49.27mg (2.14%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 1.51g (3.02%), Manganese: 0.28mg (13.91%), Copper: 0.11mg (5.62%), Vitamin E: 0.73mg (4.9%), Vitamin B1: 0.06mg (3.97%), Fiber: 0.97g (3.88%), Iron: 0.68mg (3.76%), Selenium: 2.6µg (3.72%), Folate: 14.12µg (3.53%), Magnesium: 13.18mg (3.3%), Phosphorus: 31.76mg (3.18%), Vitamin B2: 0.04mg (2.5%), Vitamin A: 119.49IU (2.39%), Vitamin B3: 0.35mg (1.77%), Potassium: 56.8mg (1.62%), Zinc: 0.24mg (1.61%), Vitamin B6: 0.03mg (1.33%), Calcium: 11.7mg (1.17%), Vitamin B5: 0.1mg (1.02%)