



Crisp Hazelnut Bonbons

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



141 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 0.5 cup hazelnuts
- 0.8 cup powdered sugar sifted
- 24 servings powdered sugar
- 0.8 cup butter unsalted softened
- 1 teaspoon vanilla extract

Equipment

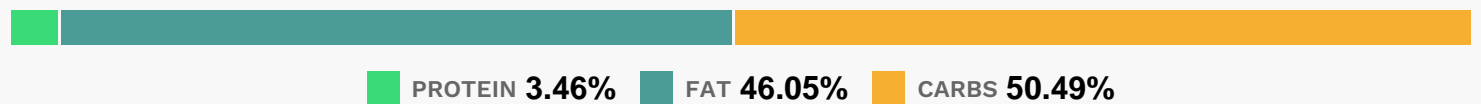
- food processor

- frying pan
- baking sheet
- oven
- blender
- hand mixer
- kitchen towels

Directions

- Bake hazelnuts in a shallow pan at 350, stirring occasionally, 5 to 10 minutes or until toasted.
- Transfer hazelnuts to clean kitchen towel; rub with towel to remove skins. Cool.
- Process hazelnuts and flour in a blender or food processor until finely chopped.
- Beat butter, sugar, and vanilla at low speed with an electric mixer until blended. Beat at high speed 5 minutes or until fluffy. Gradually add hazelnut mixture, beating just until combined. Cover and chill 10 minutes.
- Shape dough, 1 tablespoon at a time, into 2-inch-long logs using floured hands, and place 1 inch apart on ungreased baking sheets.
- Bake at 350 for 15 to 18 minutes or until lightly browned. Cool on baking sheets 3 minutes; roll warm logs in powdered sugar. Cool on wire racks, and roll again in powdered sugar.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:2.2926086789888%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 141.19kcal (7.06%), Fat: 7.35g (11.31%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 17.68g (6.43%), Sugar: 11.65g (12.94%), Cholesterol: 15.25mg (5.08%), Sodium: 1.19mg (0.05%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.24g (2.48%), Manganese: 0.21mg (10.44%), Vitamin B1: 0.08mg (5.19%), Folate: 17.33µg (4.33%), Selenium: 2.85µg (4.07%), Vitamin E: 0.54mg (3.63%), Vitamin A: 177.77IU (3.56%), Copper: 0.06mg (2.82%), Vitamin B2: 0.05mg (2.72%), Iron: 0.49mg (2.71%), Vitamin B3: 0.51mg (2.55%), Fiber: 0.45g (1.81%), Phosphorus: 17.4mg (1.74%), Magnesium: 5.96mg (1.49%)