



Gianduia Chocolates

 **Gluten Free**

READY IN



45 min.

SERVINGS



48

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces chocolate
- 5 ounces bittersweet chocolate unsweetened for tempering if necessary (not)
- 1.5 cups butter unsweetened
- 5 ounces hazelnuts

Equipment

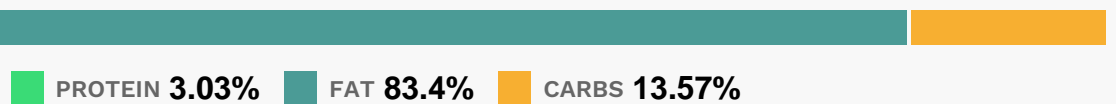
- food processor
- bowl
- frying pan

- sauce pan
- knife
- plastic wrap
- double boiler
- baking pan
- cutting board

Directions

- Lightly oil an 8-inch square baking pan and line with plastic wrap, allowing a 2-inch overhang.
- Toast and skin hazelnuts. In a food processor pulse hazelnuts until finely chopped, about 30 seconds. Chop chocolates into 1/4-inch pieces, reserving 1 slightly mounded tablespoon bittersweet chocolate for tempering. In a double boiler or a metal pan set over a saucepan of barely simmering water melt three fourths of chocolate, stirring until smooth.
- Remove top of double boiler or bowl from heat and add remaining chocolate in 2 or 3 batches, stirring until smooth and allowing each batch to melt before adding next.
- When all of chocolate is melted, test its temperature: Put a dab of chocolate on the inside of your lower lip; it should be slightly cooler than your body temperature. If chocolate is too warm, add reserved chocolate, stirring until smooth.
- Stir hazelnuts and hazelnut butter into chocolate until combined well and spread mixture in pan. Chill confection, covered with plastic wrap, until firm, at least 2 hours. Lift confection out of pan and peel off plastic wrap. On a cutting board with a sharp large knife cut confection lengthwise into 1-inch strips and cut strips crosswise into 1-inch squares. Chocolates keep, covered and chilled, 1 month.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:1.9695652068957%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin:

0.08mg, Epigallocatechin: 0.08mg 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: 98.48kcal (4.92%), Fat: 9.49g (14.6%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 3.47g (1.16%), Net
Carbohydrates: 2.82g (1.03%), Sugar: 2.43g (2.7%), Cholesterol: 15.43mg (5.14%), Sodium: 46.29mg (2.01%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.1mg (1.37%), Protein: 0.78g (1.55%), Manganese: 0.23mg
(11.66%), Copper: 0.1mg (5.06%), Vitamin E: 0.63mg (4.21%), Vitamin A: 179.34IU (3.59%), Magnesium: 12.82mg
(3.21%), Fiber: 0.65g (2.61%), Iron: 0.39mg (2.18%), Phosphorus: 21.42mg (2.14%), Vitamin B1: 0.02mg (1.38%),
Potassium: 45.38mg (1.3%), Zinc: 0.19mg (1.28%), Vitamin K: 1.28µg (1.22%)