



Hazelnut & Coconut Shortbread Sandwich Cookies

 Vegetarian

READY IN



75 min.

SERVINGS



22

CALORIES



166 kcal

DESSERT

Ingredients

- 0.5 cup coconut or toasted
- 2 cups flour all-purpose
- 0.3 cup hazelnuts toasted
- 0.3 teaspoon salt
- 1 cup sugar
- 2 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract pure

Equipment

- food processor
- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- plastic wrap
- hand mixer
- cookie cutter

Directions

- Preheat oven to 350 degrees F. In the bowl of an electric mixer fitted with the paddle attachment, on medium blend together sugar and butter until soft and light yellow, about 5 minutes. Meanwhile finely chop (either with your knife or in a food processor) the coconut and hazelnuts. Blend vanilla into butter and sugar mixture, then add salt and flour with mixer on low. Once incorporated, add coconut and hazelnuts and stir just until blended together.
- Remove dough onto a piece of plastic wrap, form into a disk, wrap and refrigerate for 30–45 minutes or until firm. On a floured surface, roll out dough to 1/8-inch thick. With a cookie cutter, cut dough into large circles.
- Cut out a small circle in half of the circles (preferably the best looking circles) using a smaller circle shaped cutter.
- Place all circles onto cookie sheets.
- Bake cookies 12–14 minutes until edges begin to brown, rotating sheets halfway through if baking more than one sheet at a time. If not, refrigerate dough between baking.
- Remove trays to cooling rack to let cool for a few minutes.
- Remove cookies from tray and place onto cooling rack to cool completely. Once completely cool spread about 1 tsp or more of raspberry jam onto the bottom circle cookies and top with doughnut shaped cookies. Dust with powdered sugar and serve.

Nutrition Facts

PROTEIN 3.63% FAT 52.99% CARBS 43.38%

Properties

Glycemic Index:7.73, Glycemic Load:12.65, Inflammation Score:-2, Nutrition Score:2.6839130434783%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Taste

Sweetness: 100%, Saltiness: 1.71%, Sourness: 3.3%, Bitterness: 3.15%, Savoriness: 2.79%, Fattiness: 88%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 165.54kcal (8.28%), Fat: 9.91g (15.25%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 17.66g (6.42%), Sugar: 9.31g (10.34%), Cholesterol: 22.09mg (7.36%), Sodium: 28.25mg (1.23%), Protein: 1.53g (3.05%), Manganese: 0.19mg (9.51%), Vitamin B1: 0.1mg (6.65%), Selenium: 4.23µg (6.04%), Folate: 23.12µg (5.78%), Vitamin A: 256.99IU (5.14%), Vitamin B2: 0.06mg (3.73%), Iron: 0.64mg (3.57%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.45mg (3.03%), Copper: 0.05mg (2.51%), Fiber: 0.6g (2.41%), Phosphorus: 20.76mg (2.08%), Magnesium: 5.53mg (1.38%), Vitamin D: 0.15µg (1.03%)