



Hazelnut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



43 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 2 oz hazelnuts
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted cold cut into small pieces

Equipment

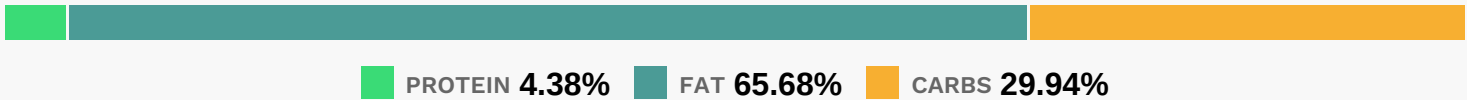
- ☐ food processor
- ☐ baking sheet
- ☐ oven

- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Toast hazelnuts in a shallow baking pan until fragrant and skins begin to loosen, about 6 minutes. Rub nuts in a kitchen towel to remove any loose skins (some skins may not come off) and cool to room temperature.
- ☐ Pulse nuts and 1/4 cup sugar in a food processor until nuts are finely ground, then add flour and a pinch of salt, pulsing until combined.
- ☐ Add butter and pulse until dough just forms a ball. Divide dough in half, then roll dough on a work surface lightly dusted with sugar and flour into 2 (11-inch-long) logs (each about 1 inch wide). Chill, wrapped in plastic wrap, 1 hour.
- ☐ Cut logs crosswise into 1/2-inch slices and arrange rounds 2 inches apart on 2 baking sheets.
- ☐ Bake, 1 sheet at a time, until bottom edges just begin to turn pale golden, 12 to 15 minutes. Cool cookies on sheet 2 minutes.
- ☐ Place remaining 3 tablespoons sugar in a small dish and dip tops of cookies in it, then cool sugared cookies on a rack.
- ☐ • Dough can be chilled up to 12 hours or frozen, wrapped well in plastic wrap, up to 1 month. (Thaw before cutting and baking.) • Cookies keep in an airtight container at room temperature 2 weeks.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:0.95304347380348%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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

Nutrients (% of daily need)

Calories: 42.59kcal (2.13%), Fat: 3.19g (4.91%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.32g (1.46%), Cholesterol: 6.1mg (2.03%), Sodium: 0.37mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Manganese: 0.1mg (5.18%), Vitamin E: 0.28mg (1.87%), Vitamin B1: 0.03mg (1.84%), Folate: 5.98µg (1.49%), Vitamin A: 71.19IU (1.42%), Copper: 0.03mg (1.41%), Selenium: 0.86µg (1.23%)