

Hazelnut crisps



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



30

CALORIES



51 kcal

DESSERT

Ingredients

- ☐ 85 g hazelnuts
- ☐ 50 g flour plain
- ☐ 200 g sugar
- ☐ 2 egg whites
- ☐ 0.5 tsp vanilla extract

Equipment

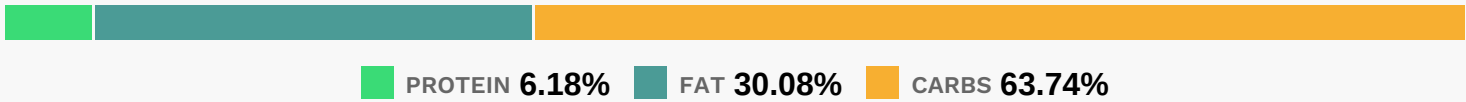
- ☐ food processor
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line 2 large baking sheets with baking parchment. Toast the hazelnuts in a dry frying pan, then grind in a food processor or mini chopper until roughly ground.
- ☐ Mix together the flour, sugar and ground nuts.
- ☐ Whisk the egg whites to soft peaks, then fold into the dry ingredients with the vanilla.
- ☐ Drop tsps of the mixture, spaced apart, onto the lined baking sheets.
- ☐ Bake for 8–10 mins until just starting to colour.
- ☐ Let cool for 10 mins, then remove and cool completely on a wire rack. Store in a tin for up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:5.6, Inflammation Score:-1, Nutrition Score:1.3182608695782%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg 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: 50.77kcal (2.54%), Fat: 1.76g (2.71%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.8g (7.56%), Cholesterol: 0mg (0%), Sodium: 3.43mg (0.15%), Alcohol: 0.02g (100%), Alcohol %: 0.23% (100%), Protein: 0.82g (1.63%), Manganese: 0.19mg (9.35%), Vitamin E: 0.43mg (2.84%), Copper: 0.05mg (2.61%), Vitamin B1: 0.03mg (2.09%), Folate: 6.33µg (1.58%), Selenium: 1.07µg (1.53%),

Magnesium: 5.21mg (1.3%), Fiber: 0.32g (1.28%), Vitamin B2: 0.02mg (1.27%), Iron: 0.22mg (1.2%), Phosphorus: 10.32mg (1.03%)