



Hazelnut Crust



Dairy Free

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READY IN

ready

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45 min.

SERVINGS

servings

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6

CALORIES

calories

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305 kcal

CRUST

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 2.3 ounce hazelnuts toasted chopped
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup powdered sugar sifted
- ☐ 1 pinch salt

Equipment

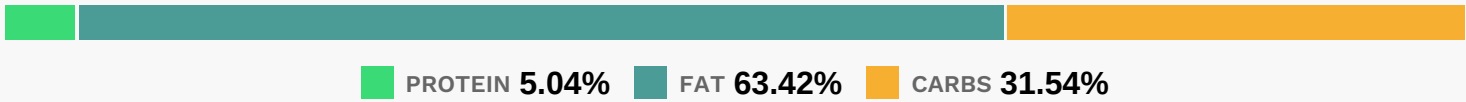
- ☐ food processor
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Line an 8" square pan with aluminum foil; grease foil.
- ☐ Process hazelnuts, flour, and salt in a food processor 5 seconds or until nuts are finely chopped.
- ☐ Add butter and powdered sugar; pulse until ingredients are combined. Press mixture into pan.
- ☐ Bake at 350 for 12 minutes; cool.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:11.61, Inflammation Score:-6, Nutrition Score:7.5569564648297%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg

Nutrients (% of daily need)

Calories: 304.54kcal (15.23%), Fat: 21.9g (33.69%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 22.9g (8.33%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 185.39mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Manganese: 0.8mg (39.94%), Vitamin B1: 0.23mg (15.59%), Vitamin E: 2.19mg (14.62%), Vitamin A: 678.78IU (13.58%), Folate: 50.33µg (12.58%), Copper: 0.21mg (10.67%), Selenium: 7.36µg (10.51%), Iron: 1.47mg (8.17%), Vitamin B2: 0.12mg (7.25%), Vitamin B3: 1.43mg (7.13%), Fiber: 1.59g (6.37%), Phosphorus: 57.68mg (5.77%), Magnesium: 22.48mg (5.62%), Vitamin B6: 0.07mg (3.54%), Potassium: 102.66mg (2.93%), Zinc: 0.41mg (2.71%), Calcium: 20.99mg (2.1%), Vitamin B5: 0.2mg (2.05%), Vitamin K: 1.57µg (1.5%)