



Hazelnut Shortbread Bars

READY IN



105 min.

SERVINGS



1

CALORIES



6033 kcal

DESSERT

Ingredients

- ☐ 1 cup butter cold cubed
- ☐ 0.8 teaspoon cinnamon divided
- ☐ 2 cups flour
- ☐ 0.8 cup granulated sugar divided
- ☐ 3 cups bean curd sheets raw divided
- ☐ 3 tablespoons brown sugar light packed
- ☐ 7 tablespoons maple syrup
- ☐ 0.5 teaspoon salt divided

Equipment

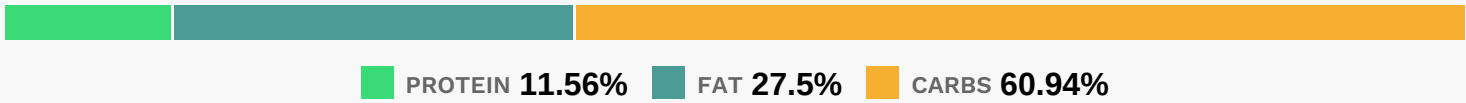
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 350
- ☐ Roast hazelnuts on a rimmed baking sheet until light golden, about 18 minutes. Rub the warm nuts in a kitchen towel to remove half of skins. Finely chop 1/2 cup nuts in a food processor. Reduce oven temperature to 325
- ☐ Put chopped nuts, 1/2 tsp. cinnamon, the flour, 1 cup butter, 1/2 cup granulated sugar, and 1/4 tsp. salt in a large bowl. Blend on low speed with a mixer until well blended.
- ☐ Grease a 9-in. square baking pan, line with foil (let it hang over edges), then grease foil. Press dough evenly into bottom of pan.
- ☐ Bake until golden and firm, about 45 minutes. Meanwhile, very roughly chop half of remaining nuts to make 1 cup.
- ☐ Bring remaining 1/4 tsp. cinnamon, 3 tbsp. butter, 1/4 cup granulated sugar, 1/4 tsp. salt, the maple syrup, and the brown sugar to a boil in a small saucepan, whisking frequently.
- ☐ Remove from heat and stir in 1 cup whole hazelnuts and the chopped nuts (2 cups total; you may have leftover nuts).
- ☐ Pour over crust and spread evenly.

- ☐ Bake until set when pan is tilted, about 18 minutes.
- ☐ Let cool on a rack. Lift foil with cookie to a board.
- ☐ Cut cookie into 16 squares, then cut each square in half diagonally.
- ☐ Extra-Toasty Hazelnut Shortbread Bars: Follow directions for Hazelnut Shortbread Bars. Keep temperature at 350 throughout recipe. In step 3, bake crust until very deep golden, 45 minutes to 1 hour. In step 4, reduce the baking time to about 15 minutes.
- ☐ Chocolaty Hazelnut Shortbread Bars: Follow directions for Hazelnut Shortbread Bars. After spreading nut topping on the crust in step 4, scatter 1 cup (5 oz.) roughly chopped bittersweet chocolate on top, then bake.
- ☐ Fruity Hazelnut Shortbread Bars: Follow directions for Hazelnut Shortbread Bars. In step 4, stir 1 cup tart or sweet dried cherries or cranberries into nut topping.
- ☐ *Hazelnuts from Oregon--where virtually all the U.S. crop grows--taste much sweeter and fresher than imports. Find them in bulk bins in grocery stores (check the country of origin) and at freddyguys.com, hazelnuthill.com, or yournw.com?

Nutrition Facts



Properties

Glycemic Index:236.59, Glycemic Load:277.25, Inflammation Score:-10, Nutrition Score:55.230434770169%

Nutrients (% of daily need)

Calories: 6032.6kcal (301.63%), Fat: 187.05g (287.76%), Saturated Fat: 117.07g (731.69%), Carbohydrates: 932.51g (310.84%), Net Carbohydrates: 882.38g (320.87%), Sugar: 333.23g (370.26%), Cholesterol: 488.05mg (162.68%), Sodium: 2651.68mg (115.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 176.91g (353.82%), Iron: 49.31mg (273.97%), Manganese: 5.22mg (260.95%), Fiber: 50.13g (200.53%), Vitamin B2: 3.12mg (183.49%), Calcium: 1569.29mg (156.93%), Vitamin C: 123.56mg (149.76%), Vitamin B1: 2.07mg (137.77%), Selenium: 88.4µg (126.29%), Folate: 464.76µg (116.19%), Vitamin A: 5677.15IU (113.54%), Vitamin B3: 15.03mg (75.14%), Vitamin E: 5.45mg (36.34%), Phosphorus: 326.88mg (32.69%), Magnesium: 93.11mg (23.28%), Zinc: 2.99mg (19.94%), Potassium: 694.57mg (19.84%), Copper: 0.39mg (19.67%), Vitamin K: 17.11µg (16.29%), Vitamin B5: 1.4mg (13.98%), Vitamin B6: 0.13mg (6.7%), Vitamin B12: 0.39µg (6.43%)