



## 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

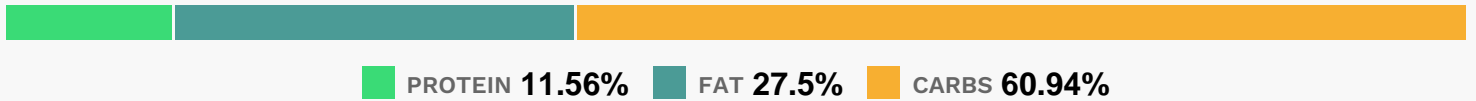
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- blender
- baking pan
- aluminum foil
- kitchen towels

## 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](http://freddyguys.com), [hazelnuthill.com](http://hazelnuthill.com), or [yournw.com](http://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: 0g (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%)