



Hazelnut Shortbread Sticks

READY IN



45 min.

SERVINGS



20

CALORIES



136 kcal

DESSERT

Ingredients

- 1 cup flour
- 0.5 teaspoon double-acting baking powder
- 2 ounces ground hazelnuts husked toasted finely
- 0.3 cup hazelnuts husked toasted coarsely chopped
- 4 ounces chocolate chopped (such as Lindt or Perugina)
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 cup butter unsalted room temperature (1 stick)
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- double boiler
- hand mixer

Directions

- Position rack in center of oven and preheat to 325°F. Line large baking sheet with parchment paper.
- Whisk flour, baking powder, and salt in medium bowl to blend. Using electric mixer, beat butter and sugar in large bowl until smooth. Beat in 1/2 cup finely ground hazelnuts and vanilla. Beat in flour mixture until just combined.
- Shape dough by tablespoonfuls into 3-inch-long logs.
- Place on prepared baking sheet, spacing 1 inch apart.
- Bake cookies until light golden brown around edges, about 20 minutes. Cool on baking sheet 5 minutes.
- Transfer to rack; cool cookies completely.
- Stir milk chocolate in top of double boiler over barely simmering water until melted and smooth.
- Remove from over water.
- Place 1/3 cup coarsely chopped hazelnuts in small bowl. Dip 1 end of cookie into melted chocolate, then into coarsely chopped hazelnuts. Return to rack. Repeat with remaining cookies.
- Let stand until chocolate is set, about 1 hour. (Cookies can be made 2 days ahead. Store in airtight container at room temperature.)

Nutrition Facts



■ PROTEIN 4.55% ■ FAT 60.47% ■ CARBS 34.98%

Properties

Glycemic Index:14.73, Glycemic Load:7.15, Inflammation Score:-2, Nutrition Score:2.439565219309%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 136.24kcal (6.81%), Fat: 9.53g (14.67%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11.43g (4.16%), Sugar: 6.48g (7.2%), Cholesterol: 12.2mg (4.07%), Sodium: 41.38mg (1.8%), Alcohol: 0.07g (100%), Alcohol %: 0.33% (100%), Caffeine: 3.74mg (1.25%), Protein: 1.62g (3.23%), Manganese: 0.19mg (9.75%), Vitamin B1: 0.06mg (4.22%), Fiber: 0.98g (3.9%), Iron: 0.7mg (3.88%), Copper: 0.08mg (3.86%), Folate: 14.04µg (3.51%), Selenium: 2.4µg (3.43%), Vitamin E: 0.45mg (3%), Vitamin B2: 0.05mg (2.91%), Vitamin A: 142.22IU (2.84%), Magnesium: 11.21mg (2.8%), Phosphorus: 24.45mg (2.44%), Vitamin B3: 0.45mg (2.23%), Calcium: 15.86mg (1.59%), Zinc: 0.18mg (1.22%), Potassium: 38.48mg (1.1%), Vitamin K: 1.06µg (1.01%)