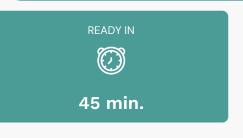
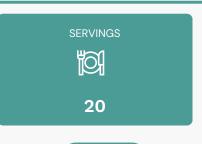


# **HazeInut Shortbread Sticks**



1 teaspoon vanilla extract





DESSERT

### Ingredients

1 cup flour
0.5 teaspoon double-acting baking powder
2 ounces ground hazelnuts husked toasted finely
O.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)

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**

### **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, Catechin: 0.02mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.02mg, Epigallocatec

### 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%)