



Lunettes

READY IN



180 min.

SERVINGS



8

CALORIES



485 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup ground hazelnuts
- ☐ 0.5 cup jam ()
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

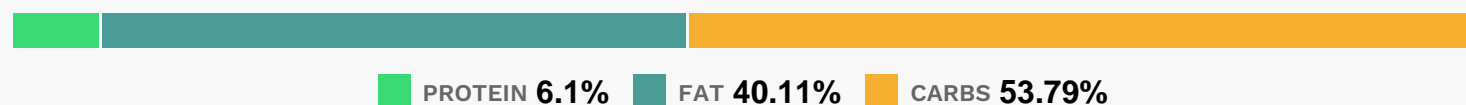
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ Gather your ingredients. Have ready a ribbed 3-inch square cookie cutter (or any cutter will work) and a ribbed 1-inch-round cookie cutter.
- ☐ Cut the butter into cubes. In a large bowl, combine the butter, flour, sugar and hazelnut meal.
- ☐ Mix with your hands until you have a dough with a crumbly consistency.
- ☐ Add 2 of the eggs and the vanilla and mix well with your hands.
- ☐ Knead the dough on a work surface and form into a large ball. Dust with flour and wrap with plastic. Refrigerate for at least 2 hours and up to 2
- ☐ Preheat the oven to 350F. With a floured rolling pin, roll out the dough until about 1/2 inch thick.
- ☐ Using the square cookie cutter, cut as many cookies as possible from your dough.
- ☐ Lay the squares on a baking sheet lined with parchment paper. Using the round cutter, cut two holes in each of half of the squares. These will be the top cookies.
- ☐ Beat the egg in a dish and brush all the squares with the egg wash.
- ☐ Bake for 15 minutes or until light golden brown.
- ☐ Sprinkle the lunette tops with powdered sugar.
- ☐ Spread 1/2 tablespoon of each jam flavor in the middle of each bottom cookie (the ones with no holes). Cover with the tops.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:42.63, Inflammation Score:-4, Nutrition Score:7.3534782502962%

Nutrients (% of daily need)

Calories: 484.87kcal (24.24%), Fat: 21.89g (33.68%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 66.05g (22.02%), Net Carbohydrates: 63.49g (23.09%), Sugar: 35.97g (39.96%), Cholesterol: 91.88mg (30.63%), Sodium: 122.38mg (5.32%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 7.48g (14.97%), Selenium: 16.38µg (23.39%), Vitamin B1: 0.26mg (17.07%), Folate: 67.71µg (16.93%), Vitamin B2: 0.26mg (15.06%), Iron: 2.56mg (14.25%), Manganese: 0.23mg (11.42%), Fiber: 2.56g (10.25%), Vitamin B3: 1.87mg (9.37%), Vitamin A: 443.65IU (8.87%), Phosphorus: 73.89mg (7.39%), Calcium: 41.49mg (4.15%), Vitamin B5: 0.41mg (4.1%), Copper: 0.08mg (4.01%), Vitamin E: 0.55mg (3.64%), Zinc: 0.46mg (3.07%), Vitamin C: 2.46mg (2.98%), Vitamin B12: 0.17µg (2.85%), Magnesium: 10.05mg (2.51%), Vitamin B6: 0.05mg (2.33%), Potassium: 77.21mg (2.21%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.14µg (1.08%)