



Mocha-Nut Fudge Flats



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



33 kcal

DESSERT

Ingredients

- ☐ 0.5 cup powdered sugar
- ☐ 1 large egg whites
- ☐ 0.3 cup hazelnuts
- ☐ 1 pinch salt
- ☐ 1 tablespoon strong coffee decoction cooled brewed
- ☐ 0.3 cup cocoa powder unsweetened

Equipment

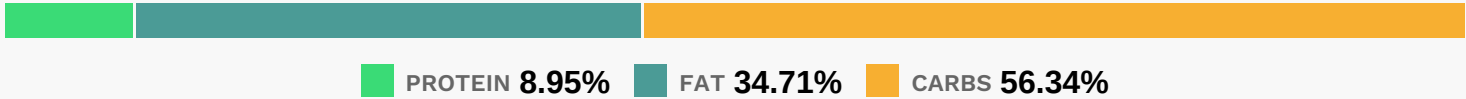
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place racks in top and bottom thirds of oven; preheat to 350F. Line 2 large baking sheets with parchment and mist with cooking spray.
- ☐ On a rimmed baking sheet, toast nuts, stirring halfway through, until golden brown, 8 to 10 minutes.
- ☐ Transfer to a bowl to cool. When cool enough to handle, chop finely.
- ☐ Sift confectioners' sugar, cocoa and salt into a bowl. Stir in egg white and coffee until just smooth. Do not overmix.
- ☐ Drop teaspoonfuls of dough on lined baking sheets, 2 inches apart.
- ☐ Sprinkle with nuts.
- ☐ Bake, switching sheets halfway through, until puffed and tops are set, about 10 minutes.
- ☐ Let cool completely on sheets on wire racks.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4069565265723%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 32.54kcal (1.63%), Fat: 1.42g (2.18%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.45g (1.62%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 6.64mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.82g (1.64%), Manganese: 0.18mg (8.96%),

Copper: 0.09mg (4.48%), Fiber: 0.72g (2.9%), Magnesium: 10.68mg (2.67%), Vitamin E: 0.3mg (2.01%), Phosphorus: 16.68mg (1.67%), Iron: 0.3mg (1.65%), Potassium: 39.54mg (1.13%), Selenium: 0.72µg (1.02%)