



Nutella Sandwich Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



238 kcal

Ingredients

- ☐ 1 large eggs
- ☐ 1 cup nutella
- ☐ 1 cup self-rising flour

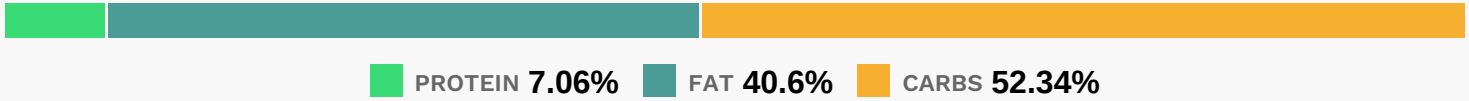
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Place egg in a bowl and beat it with a spoon or whisk.
- ☐ Add 1/2 cup of the Nutella and beat until smooth. Stir in 1/2 cup of the flour. Slowly stir in remaining flour; batter will be thick and sticky.Drop 9 rounded tablespoons of batter onto a parchment lined cookie sheet, leaving about 2 inches of space.
- ☐ Bake for 10–12 minutes.
- ☐ Let cool for at least 10 minutes. Carefully cut cookies horizontally through the center; fill each with a rounded teaspoonful of Nutella. Chill cookies

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:12.1, Inflammation Score:-1, Nutrition Score:5.1617391290872%

Nutrients (% of daily need)

Calories: 237.75kcal (11.89%), Fat: 10.66g (16.4%), Saturated Fat: 9.67g (60.47%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 28.78g (10.47%), Sugar: 18.06g (20.07%), Cholesterol: 20.67mg (6.89%), Sodium: 21.83mg (0.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Manganese: 0.4mg (20.04%), Selenium: 8.42µg (12.03%), Vitamin E: 1.77mg (11.78%), Iron: 1.68mg (9.35%), Copper: 0.19mg (9.28%), Fiber: 2.13g (8.53%), Phosphorus: 75.14mg (7.51%), Magnesium: 25.47mg (6.37%), Vitamin B2: 0.09mg (5.32%), Potassium: 157.22mg (4.49%), Calcium: 41.19mg (4.12%), Zinc: 0.54mg (3.62%), Folate: 11.86µg (2.97%), Vitamin B1: 0.04mg (2.78%), Vitamin B5: 0.26mg (2.65%), Vitamin B12: 0.14µg (2.32%), Vitamin B6: 0.04mg (2.1%), Vitamin B3: 0.29mg (1.43%)