



Salted Chocolate Nutella Sandwich Cookie



Vegetarian



Popular

READY IN



45 min.

SERVINGS



18

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1 eggs
- ☐ 13 oz nutella
- ☐ 0.3 cup oats
- ☐ 18 servings sea salt
- ☐ 1.5 cup sugar
- ☐ 1.3 cup unbleached flour all-purpose

- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 0.5 cup dutch-processed cocoa powder dark unsweetened

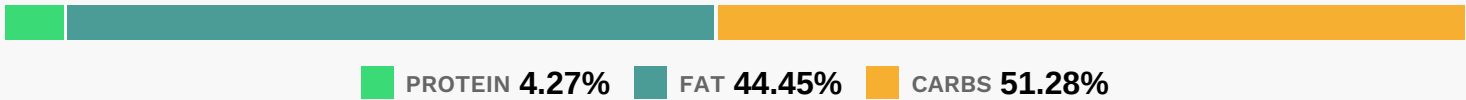
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. Line baking sheets with Silpat or parchment paper.
- ☐ Whisk together flour, cocoa powder, oats, baking soda and baking powder. Set aside. Cream together butter, Nutella and sugar until light and fluffy.
- ☐ Mix in egg. Slowly add in flour mixture until evenly incorporated.
- ☐ Roll dough into tablespoon-sized balls. Flatten balls with the bottom of a glass, about 2 ¼-inches in diameter.
- ☐ Sprinkle with sea salt.
- ☐ Bake 12 up on a sheet leaving 1-inch space between each cookie.
- ☐ Bake for 8 minutes. Cool for 1 minute on baking sheet and carefully transfer to a cooling rack.Allow cookies to cool completely.
- ☐ Spread Nutella between two cookies to made sandwich.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:19.41, Inflammation Score:-3, Nutrition Score:4.8043477846229%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 286.92kcal (14.35%), Fat: 14.58g (22.44%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 35.55g (12.93%), Sugar: 27.78g (30.87%), Cholesterol: 29.43mg (9.81%), Sodium: 284.3mg (12.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.93mg (2.31%), Protein: 3.15g (6.31%), Manganese: 0.38mg (19.06%), Copper: 0.21mg (10.57%), Fiber: 2.31g (9.25%), Vitamin E: 1.3mg (8.68%), Selenium: 5.8µg (8.28%), Iron: 1.42mg (7.87%), Magnesium: 29.25mg (7.31%), Phosphorus: 70.2mg (7.02%), Vitamin A: 250.35IU (5.01%), Potassium: 138.43mg (3.96%), Vitamin B2: 0.07mg (3.83%), Zinc: 0.54mg (3.58%), Calcium: 34.74mg (3.47%), Vitamin B1: 0.03mg (2.19%), Folate: 8.29µg (2.07%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.09µg (1.55%), Vitamin B6: 0.03mg (1.42%), Vitamin D: 0.19µg (1.27%), Vitamin B3: 0.24mg (1.22%), Vitamin K: 1.17µg (1.11%)