

Christmas hazelnut nutsy dessert

NUTRI-lipidomics *Molecular nutrition and healthy diet*



The lipidomic dessert for the Christmas holidays

We are nearby Christmas, we can allow ourselves a dessert and certainly for once we can turn a blind eye to health and squeeze the other to what we most like. However, we can enjoy a dessert that pays attention to the good fats, revisiting the tradition and that inebriates us with its perfume. This recipe is inspired by “rosata”, a typical Apulian dessert, but revisited in a lipidomic perspective. Certainly, it is a rather caloric dish, not to be consumed daily. Hazelnuts, particularly rich in oleic acid (that of olive oil), with a quantity of omega 6 fatty acids lower than that of almonds used in the traditional version of “rosata”, however, allow us to enjoy it more relaxed. The result? A soft, tasty, fragrant single serving, to be served with red fruit jam or with a spoonful of dark chocolate sauce.

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Recipe

Ingredients (6 persone)

- 300 g of roasted hazelnuts with skin
- 60 g of cane sugar
- 210 g of egg whites (about 6 eggs)
- 30 ml of lemon juice (about 1 lemon)
- 60 g of type 1 flour
- A pinch of cinnamon
- 16 g of baking powder (a sachet)



Method:

In a mixer, whisk together the hazelnuts and sugar without pulverizing, keeping the hazelnuts medium to small. Keep aside.

Place the egg whites in a large bowl and begin to whisk. Once the egg whites are whipped add the lemon juice, cinnamon, flour and baking powder, continuing to whisk. Then add the chopped hazelnuts and sugar. Mix well until completely incorporated.

Distribute the mixture in baking cups, obtaining 6 portions. Put in preheated oven at 160 degrees static mode. When the sweets are golden, they will be ready.

Nutritional values by recipe and by portion

	Kcal	Proteins (g)	Carbs (g)	Sugar (g)	Fats (g)	Saturated (g)	Mono-insaturated (g)	Polin-saturated (g)	Fibres (g)
hazelnuts	1938	45,09	52,8	14,67	187,2	13,53	139,8	25,38	28,2
cane sugar	228	0,072	58,85	58,21					
egg whites	109,2	22,89	1,53	1,49	0,35				
lemon juice	6,6	0,105	2,07	0,756	0,072	0,012	0,0018	0,006	
type 1 flour	204	6,14	45,21	1,2	1,19	0,18	0,084	0,438	7,62
baking powder	8,48		4,43						
Total per recipe	2494,28	74,29	164,89	76,32	188,81	13,72	139,88	25,81	35,82
Total per portion	415,72	12,38	27,48	12,72	31,46	2,28	23,31	4,30	5,97

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The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.