

## 15 Minute Healthy Dark Chocolate Truffles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

SIDE DISH

### Ingredients

- 15 dates dried pitted
- 0.8 cups slivered almonds sliced
- 0.5 cup pecans
- 0.3 cup cocoa powder
- 1 teaspoon vanilla extract
- 1 tablespoon agave nectar (or honey)
- 0.3 teaspoon sea salt
- 1 cup water hot

- 12 servings coconut flakes crushed for coating the truffles
- 12 servings coconut flakes crushed for coating the truffles

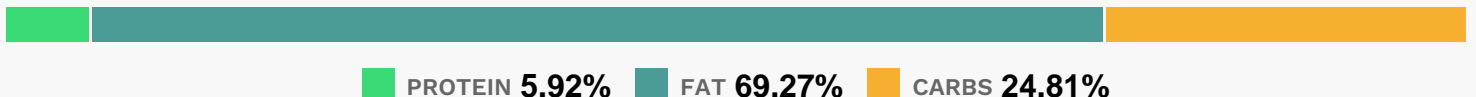
## Equipment

- food processor

## Directions

- Soak the dates in hot water while you get the rest of the ingredients and start on step 2 (about 5 minutes). The water should be hot to the touch but not hot enough to burn you.
- Process the almonds in a food processor until coarse almond meal is formed.
- Add the pecans and process until they are ground up into a coarse meal as well.
- Drain the dates and use your hand to squeeze out excess water.
- Add the drained dates, cocoa powder, vanilla extract, agave nectar, and salt to the food processor. Process until a smooth paste forms.
- Use a tablespoon measure to help you form the truffles. Pack a heaping tablespoon of the mixture into the tablespoon measure really pack it in there. Use your fingers to slide the half-rounded ball out of the tablespoon measure, and then use your hands to form a tightly packed ball of truffle goodness. Be gentle with them I found that they fall apart if you try to roll them into balls. It is best to squish them with your hand into perfect little spheres.
- Form truffles until you use up all the mixture. The last bit that was not enough for a truffle went straight into my mouth. :)
- If you choose to, gently roll the truffles in the toppings of your choice. I had some turtle crunch sprinkles, unsweetened coconut flakes, and extra cocoa powder. The cocoa powder definitely gives the the truffles an extra dark chocolate kick, so if you dont like the bitterness of the cocoa powder then dont use that as a topping.

## Nutrition Facts



## Properties

Glycemic Index:7.25, Glycemic Load:3.33, Inflammation Score:-2, Nutrition Score:8.0047826086957%

## Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Taste

Sweetness: 100%, Saltiness: 15.92%, Sourness: 27.82%, Bitterness: 17.74%, Savoriness: 24.81%, Fattiness: 53.99%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 234.73kcal (11.74%), Fat: 19.53g (30.05%), Saturated Fat: 12.1g (75.64%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 9.87g (3.59%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 57.55mg (2.5%), Caffeine: 4.12mg (1.37%), Protein: 3.75g (7.51%), Manganese: 0.98mg (49.08%), Fiber: 5.87g (23.46%), Copper: 0.37mg (18.39%), Magnesium: 54.18mg (13.54%), Vitamin E: 1.9mg (12.65%), Phosphorus: 103.71mg (10.37%), Iron: 1.36mg (7.55%), Potassium: 260.2mg (7.43%), Vitamin B2: 0.12mg (6.8%), Selenium: 4.68µg (6.69%), Zinc: 0.95mg (6.33%), Vitamin B6: 0.1mg (4.93%), Vitamin B1: 0.06mg (4.08%), Calcium: 32.63mg (3.26%), Vitamin B3: 0.58mg (2.88%), Vitamin B5: 0.28mg (2.83%), Folate: 8.44µg (2.11%)