



A Benign Indulgence: Rustic Mayan Chocolate Truffles



Gluten Free



Popular

READY IN



720 min.

SERVINGS



24

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp chipotle chili powder
- ☐ 10 oz chocolate 85% with cocoa content (chopped coarsely)
- ☐ 1 tsp cinnamon
- ☐ 24 servings cocoa powder (for dredging truffles)
- ☐ 1 tbsp coconut oil
- ☐ 1 cup full fat coconut milk
- ☐ 1 orange zest

- ☐ 1 dash unrefined sea salt
- ☐ 1 vanilla pod

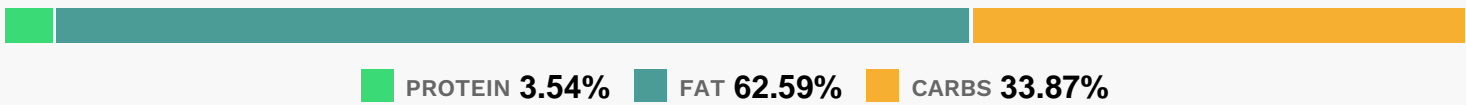
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ mixing bowl
- ☐ wooden spoon

Directions

- ☐ Toss chopped chocolate into a mixing bowl with the zest of one orange, cinnamon, chipotle chili powder, the contents of one vanilla bean and a dash unrefined sea salt.Bring coconut milk and coconut oil to a slow simmer in a saucepan over a moderate flame.
- ☐ Pour coconut milk and oil over the chopped chocolate and seasonings then stir continuously with a wooden spoon until the chocolate is thoroughly melted and the mixture, or ganache, becomes thick, uniform and glossy.
- ☐ Transfer the mixture to a plate lined with parchment paper, molding into a log as best you can, and allow it to harden in the refrigerator for eight to twelve hours, or overnight.After the Mayan chocolate has hardened in the refrigerator for eight to twelve hours, remove it, unmold it from the parchment paper and carve it into irregular bite-sized chunks.Toss the chunks with cocoa powder and serve.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:2.0073912843414%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 86.76kcal (4.34%), Fat: 6.78g (10.44%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.12g (2.59%), Sugar: 6.1g (6.78%), Cholesterol: 0mg (0%), Sodium: 5.43mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.1mg (3.37%), Protein: 0.86g (1.73%), Manganese: 0.19mg (9.42%), Copper: 0.13mg (6.39%), Magnesium: 22.89mg (5.72%), Fiber: 1.14g (4.56%), Iron: 0.79mg (4.41%), Phosphorus: 34mg (3.4%), Potassium: 72.25mg (2.06%), Zinc: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.85%)