



Almond Truffles

 Gluten Free

READY IN



29 min.

SERVINGS



1

CALORIES



2202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds
- ☐ 0.5 cup blanched almonds and whole
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 8 ounces bittersweet chocolate chopped

Equipment

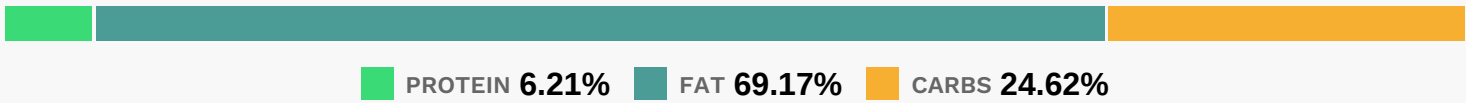
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ wax paper

Directions

- ☐ Bring cream to a boil over medium heat in a small saucepan.
- ☐ Remove from heat, and add chocolate.
- ☐ Let stand 5 minutes. Stir until mixture is smooth. Stir in liqueur.
- ☐ Transfer to a bowl, cover, and refrigerate 2 hours or until mixture is chilled.
- ☐ Meanwhile, preheat oven to 35
- ☐ Place almonds in a single layer in a shallow pan.
- ☐ Bake, stirring occasionally, 6 to 8 minutes or until lightly toasted and fragrant.
- ☐ Transfer to a plate; cool. Finely chop, and set aside.
- ☐ Drop chilled chocolate mixture by rounded teaspoonfuls onto a wax paper-lined tray. Refrigerate 30 minutes.
- ☐ Remove from refrigerator and, working quickly, use your hands to shape chocolate into balls. Return to tray, and refrigerate 30 minutes.
- ☐ Roll each ball in reserved almonds to coat.
- ☐ Place truffles on tray, and refrigerate at least 30 minutes or up to 3 days.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:48.008695649064%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 2202.3kcal (110.11%), Fat: 172.65g (265.61%), Saturated Fat: 80.57g (503.54%), Carbohydrates: 138.25g (46.08%), Net Carbohydrates: 111.42g (40.52%), Sugar: 90.5g (100.55%), Cholesterol: 148.08mg (49.36%), Sodium: 66.88mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 195.04mg (65.01%), Protein: 34.87g (69.75%), Manganese: 4.61mg (230.51%), Copper: 3.69mg (184.57%), Magnesium: 628.99mg (157.25%), Vitamin E: 22.4mg (149.31%), Fiber: 26.83g (107.32%), Phosphorus: 1055.52mg (105.55%), Iron: 17.24mg (95.8%), Vitamin B2: 1.01mg (59.25%), Zinc: 8.78mg (58.51%), Potassium: 1957.46mg (55.93%), Calcium: 420.45mg (42.05%), Vitamin A: 1867.27IU (37.35%), Selenium: 25.44µg (36.34%), Vitamin B3: 4.89mg (24.44%), Vitamin K: 20.14µg (19.18%), Vitamin B1: 0.26mg (17.12%), Vitamin B5: 1.27mg (12.74%), Vitamin D: 1.9µg (12.69%), Folate: 44.19µg (11.05%), Vitamin B6: 0.22mg (10.9%), Vitamin B12: 0.6µg (9.98%)