



Alsatian Chocolate Balls

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup confectioners' sugar for decoration
- 2 eggs
- 0.3 cup flour all-purpose
- 2.4 cups ground almonds
- 0.5 teaspoon ground cinnamon
- 4 ounce chocolate unsweetened
- 1 teaspoon vanilla extract
- 0.7 cup sugar white

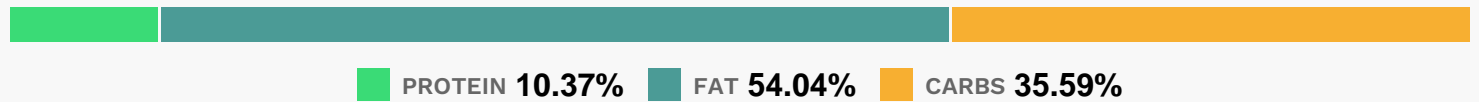
Equipment

- baking sheet
- oven
- baking pan

Directions

- Beat eggs and sugar until light and fluffy. Grate squares of chocolate and add to egg mixture.
- Add remaining ingredients and beat well. Shape into a ball. Chill in refrigerator at least one hour.
- Shape chilled dough into small balls (about 3/4 inch in diameter).
- Roll each in sifted confectioners' sugar.
- Place balls on greased baking sheet and allow to dry in warm room (kitchen) for 4-5 hours.
- Bake at 475 degrees F (245 degrees C) for 3-5 minutes. Cool on baking pan for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:1.072173907705%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg

Nutrients (% of daily need)

Calories: 50.52kcal (2.53%), Fat: 3.34g (5.13%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.06g (3.4%), Cholesterol: 5.46mg (1.82%), Sodium: 2.59mg (0.11%), Alcohol: 0.02g (100%), Alcohol %: 0.25% (100%), Protein: 1.44g (2.88%), Manganese: 0.09mg (4.35%), Fiber: 0.81g (3.25%), Copper: 0.06mg (3.17%), Iron: 0.56mg (3.1%), Magnesium: 6.53mg (1.63%), Zinc: 0.21mg (1.38%), Calcium: 12.35mg (1.23%), Selenium: 0.86µg (1.22%), Phosphorus: 11.23mg (1.12%)