



Amaretto Truffles

 Gluten Free

READY IN



12 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons amaretto
- ☐ 5 ounces dipping chocolate dark chopped
- ☐ 0.3 cup heavy cream at room temperature
- ☐ 1 teaspoons honey
- ☐ 1.5 tablespoons butter unsalted salted
- ☐ 5 ounces bittersweet chocolate dark chopped

Equipment

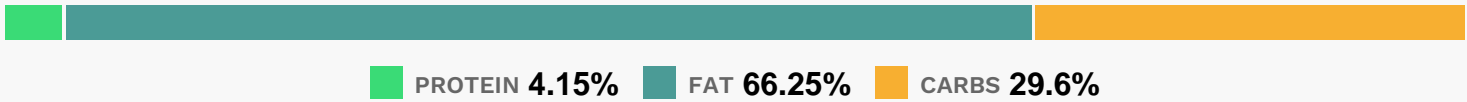
- ☐ bowl

- ☐ wax paper
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Combine 5 oz of chocolate and butter in a fairly large microwave-safe bowl. Microwave at 50% power, stirring every 30 seconds, until smooth and creamy. In a microwave-safe measuring cup, combine the cream and honey. Microwave on high for about 40 seconds or until simmering around edges.
- ☐ Pour the hot cream mixture into the melted chocolate and stir until smooth. Stir in the Amaretto. Chill for at least one hour or until the mixture is thick enough to scoop. When the mixture is thick, use a heaping teaspoon to scoop up chocolate and shape into messy balls. They will not be perfectly shaped at this point.
- ☐ Put the messy balls on a waxed paper lined tray and chill until they are firm. When firm, re-shape the balls with the palms of your hand so that they are nicely rounded.
- ☐ Transfer to the freezer and keep covered until frozen. When chocolate centers are frozen, melt your dipping chocolate (or temper your regular chopped chocolate using the microwave method). Dip the frozen balls in the melted chocolate and lift them out of the chocolate with two forks.
- ☐ Let the remaining chocolate run back into the bowl. Set on a wax paper lined tray or a couple of lined plates.
- ☐ Let chill until coating is firm.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:2.7126086832065%

Nutrients (% of daily need)

Calories: 105.59kcal (5.28%), Fat: 7.67g (11.79%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.04g (5.6%), Cholesterol: 6.26mg (2.09%), Sodium: 3.15mg (0.14%), Alcohol: 0.29g (100%), Alcohol %: 1.88% (100%), Caffeine: 12.06mg (4.02%), Protein: 1.08g (2.16%), Manganese: 0.23mg

(11.63%), Copper: 0.21mg (10.73%), Magnesium: 28.9mg (7.23%), Iron: 1.3mg (7.2%), Fiber: 1.34g (5.36%),
Phosphorus: 42.32mg (4.23%), Zinc: 0.43mg (2.88%), Potassium: 94.46mg (2.7%), Selenium: 1.18µg (1.69%), Vitamin
A: 76.28IU (1.53%), Calcium: 11.82mg (1.18%), Vitamin K: 1.2µg (1.14%)