



Baked Hazelnut Truffles

READY IN



120 min.

SERVINGS



42

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate
- 0.3 cup butter
- 14 oz condensed milk sweetened canned (not evaporated)
- 2 tablespoons frangelico
- 2.5 cups flour all-purpose
- 0.5 cup hazelnuts chopped (filberts)
- 40 chocolate
- 0.5 cup peppermint candies white
- 1 teaspoon vegetable oil

1 serving sprinkles

Equipment

bowl

baking sheet

oven

wire rack

microwave

Directions

Heat oven to 350°F. In large microwavable bowl, microwave baking chocolate and butter uncovered on Medium (50%) 2 to 3 minutes, stirring once, until softened. Stir in condensed milk, liqueur, flour and hazelnuts. Cover and refrigerate until firm, about 30 minutes.

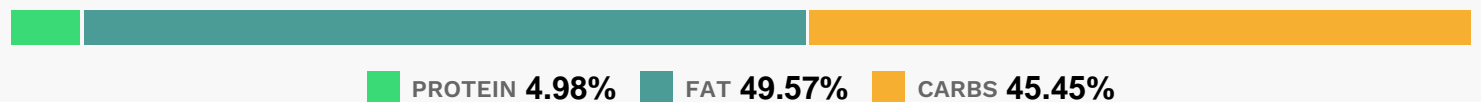
Shape dough by tablespoonfuls around each chocolate star. On ungreased cookie sheet, place 1 inch apart.

Bake 7 to 8 minutes or until dough is shiny and set but still soft. Cool 5 minutes; remove from cookie sheet to cooling rack. Cool about 30 minutes.

In small microwavable bowl, microwave white vanilla baking chips and oil uncovered on Medium (50%) 1 minute to 1 minute 15 seconds, stirring once, until softened. Stir until smooth. Dip top of each cookie into melted mixture; immediately top each with candy sprinkles while mixture is still soft.

Let stand until coating is set.

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:13.5, Inflammation Score:-3, Nutrition Score:5.4321739997553%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,

Epigallocatechin: 0.04mg Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg
Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,
Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 242.08kcal (12.1%), Fat: 14.48g (22.27%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 29.87g (9.96%),
Net Carbohydrates: 27.62g (10.04%), Sugar: 20.79g (23.1%), Cholesterol: 3.21mg (1.07%), Sodium: 31.55mg (1.37%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.76mg (6.59%), Protein: 3.27g (6.54%), Manganese: 0.38mg
(19.19%), Copper: 0.28mg (13.85%), Magnesium: 45.43mg (11.36%), Iron: 1.64mg (9.09%), Fiber: 2.25g (9.02%),
Phosphorus: 86.4mg (8.64%), Vitamin B2: 0.14mg (8.52%), Selenium: 4.92µg (7.03%), Vitamin B1: 0.09mg (5.7%),
Zinc: 0.84mg (5.57%), Folate: 17.84µg (4.46%), Potassium: 153.04mg (4.37%), Calcium: 43.34mg (4.33%), Vitamin
B3: 0.7mg (3.5%), Vitamin E: 0.36mg (2.43%), Vitamin K: 2.42µg (2.31%), Vitamin A: 73.85IU (1.48%), Vitamin B6:
0.03mg (1.42%), Vitamin B5: 0.14mg (1.41%)