

Balsamic Truffles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon aged balsamic vinegar



30 servings bittersweet chocolate truffle base



30 servings hazelnuts salted toasted chopped

Equipment

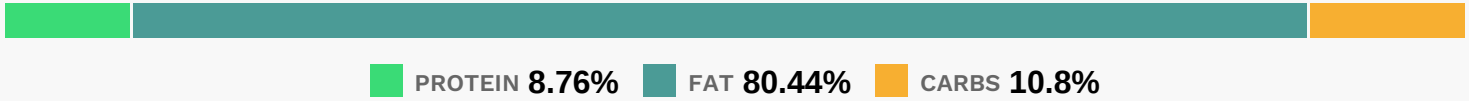


bowl

Directions

- ☐
- Follow recipe for bittersweet chocolate truffle base, stirring aged balsamic vinegar into lukewarm cream.
- ☐
- Mix in melted chocolate. Chill truffle base and form truffles. Drop each freshly coated truffle (or just-formed, uncoated truffle) into bowl of hazelnuts; turn to coat.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:10.925652235665%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 194.66kcal (9.73%), Fat: 18.62g (28.65%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.75g (1.94%), Cholesterol: 0.06mg (0.02%), Sodium: 0.22mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Manganese: 1.87mg (93.32%), Vitamin E: 4.51mg (30.04%), Copper: 0.53mg (26.43%), Vitamin B1: 0.19mg (12.88%), Magnesium: 50.72mg (12.68%), Fiber: 2.99g (11.96%), Phosphorus: 89.7mg (8.97%), Folate: 33.9µg (8.48%), Vitamin B6: 0.17mg (8.46%), Iron: 1.48mg (8.21%), Potassium: 210.27mg (6.01%), Zinc: 0.76mg (5.08%), Vitamin K: 4.33µg (4.13%), Calcium: 34.96mg (3.5%), Vitamin B5: 0.28mg (2.78%), Vitamin B3: 0.55mg (2.74%), Vitamin C: 1.89mg (2.29%), Vitamin B2: 0.03mg (2.02%), Selenium: 0.8µg (1.15%)