

Boozy Chocolate, Hazelnut and Orange Truffles

 Vegetarian  Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



24

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.8 cups granulated sugar whole (available here)
- 24 servings cocoa powder for dredging the chocolate hazelnut snowballs
- 0.3 cup dutch-processed cocoa powder
- 4 tablespoons grand marnier
- 1 tablespoon hazelnuts (available here)
- 3.5 cups hazelnuts (available here)
- 0.3 cup honey (available here)

- 1 teaspoon orange zest freshly grated
- 0.5 cup water filtered
- 4 tablespoons frangelico
- 4 tablespoons frangelico

Equipment

- food processor
- bowl
- sauce pan

Directions

- Dump the hazelnuts and orange zest into a food processor and process until very finely ground.
- Pour sugar, honey and water into a saucepan set over medium-high heat, and bring to a boil. Allow it to bubble and foam, stirring continuously, for 6 minutes, or until all the sugar granules dissolve completely and the mixture thickens to a foamy syrup. Turn off the heat.
- Pour the still hot sugar syrup over the ground hazelnuts, close up the food processor, and process for two to three minutes. Continue processing, and pour the Frangelico, Grand Marnier and hazelnut extract into the food processor's feeder tube one tablespoon at a time or until the mixture thins and becomes slightly liquid. Dump in the cocoa powder, and continue processing a further 3 to 4 minutes until the mixture becomes completely smooth and uniform.
- Transfer the sweetened and seasoned hazelnut mixture into a bowl, cover it tightly, and refrigerate overnight, 8 to 12 hours.
- Remove the bowl from the refrigerator and scoop out 1 tablespoon of the hazelnut mixture, form into a ball and dredge it in confectioner's sugar or cocoa powder. Continue working until you've exhausted the batter. Store in an airtight container in the refrigerator for up to 2 weeks, and serve chilled.

Nutrition Facts



PROTEIN 6.07% **FAT 49.8%** **CARBS 44.13%**

Properties

Glycemic Index:6.35, Glycemic Load:11.89, Inflammation Score:-2, Nutrition Score:7.3100000185811%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 191.5kcal (9.58%), Fat: 11.21g (17.24%), Saturated Fat: 0.95g (5.97%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 19.9g (7.23%), Sugar: 19.07g (21.19%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0.65g (100%), Alcohol %: 1.81% (100%), Caffeine: 5.01mg (1.67%), Protein: 3.07g (6.15%), Manganese: 1.18mg (59.15%), Copper: 0.38mg (19.21%), Vitamin E: 2.69mg (17.93%), Fiber: 2.46g (9.82%), Magnesium: 38.88mg (9.72%), Vitamin B1: 0.12mg (7.79%), Phosphorus: 66.18mg (6.62%), Iron: 1.13mg (6.28%), Folate: 20.95µg (5.24%), Vitamin B6: 0.1mg (5.21%), Potassium: 153.7mg (4.39%), Zinc: 0.58mg (3.86%), Vitamin K: 2.59µg (2.47%), Calcium: 23.52mg (2.35%), Vitamin B3: 0.37mg (1.86%), Vitamin B2: 0.03mg (1.72%), Vitamin B5: 0.17mg (1.72%), Vitamin C: 1.26mg (1.53%), Selenium: 0.83µg (1.18%)