



Bourbon-Caramel Truffles

READY IN



45 min.

SERVINGS



19

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 ounces bittersweet chocolate finely chopped
- ☐ 1 tablespoon bourbon
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons evaporated milk whole
- ☐ 1 tablespoon golden syrup (such as Lyle's Golden Syrup)
- ☐ 1.8 ounces chocolate finely chopped
- ☐ 1 Dash salt
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

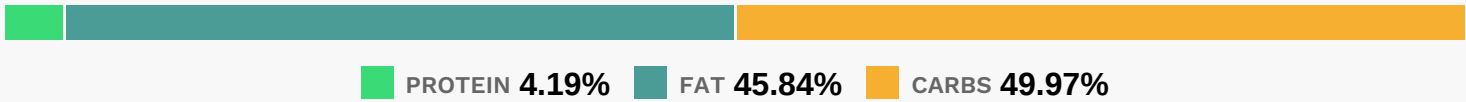
Equipment

- ☐ sauce pan

Directions

- ☐ Combine brown sugar, milk, cane syrup, and salt in a saucepan over medium-high heat; bring to a boil. Cook 1 minute or until sugar dissolves.
- ☐ Remove from heat. Stir in bourbon and vanilla extract.
- ☐ Add chocolates; let stand 1 minute. Stir until smooth.
- ☐ Pour into a shallow dish; cover and chill 2 hours.
- ☐ Heat a tablespoon measure with hot water; pat dry. Scoop chocolate mixture with spoon; dip in cocoa.
- ☐ Roll into balls. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.35, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:1.3321739095871%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 59.84kcal (2.99%), Fat: 3.09g (4.75%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6.2g (6.89%), Cholesterol: 0.77mg (0.26%), Sodium: 5.31mg (0.23%), Alcohol: 0.3g (100%), Alcohol %: 2.74% (100%), Caffeine: 7.43mg (2.48%), Protein: 0.63g (1.27%), Manganese: 0.1mg (5.2%), Copper: 0.1mg (5.07%), Magnesium: 15.33mg (3.83%), Fiber: 0.76g (3.02%), Iron: 0.49mg (2.73%), Phosphorus: 24.6mg (2.46%), Zinc: 0.23mg (1.51%), Potassium: 52.66mg (1.5%), Calcium: 10.24mg (1.02%)