



## Bourbon-Chestnut Bonbons

READY IN



390 min.

SERVINGS



80

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 12 oz baker's chocolate chopped
- ☐ 12 oz bittersweet chocolate chopped
- ☐ 0.3 cup bourbon
- ☐ 2 cups honey sweetened (from 17.5-oz can)
- ☐ 0.5 cup cocoa powder unsweetened sifted
- ☐ 0.5 cup whipping cream

### Equipment

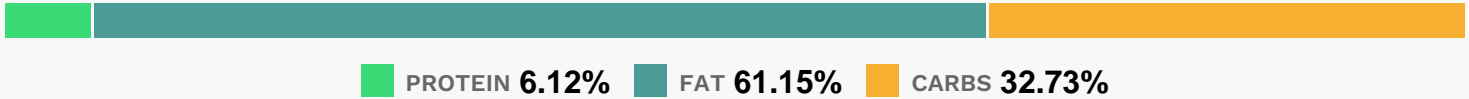
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ microwave

## Directions

- ☐ In medium bowl, place bittersweet chocolate. In 1-quart saucepan, heat whipping cream to simmering.
- ☐ Remove from heat and pour over chocolate; let stand 2 minutes. Stir until chocolate is melted. Stir in chestnut spread and bourbon until well blended. Cover; chill 4 hours or until firm.
- ☐ Line cookie sheets with cooking parchment or waxed paper. Shape teaspoonfuls of chocolate mixture into balls.
- ☐ Place on cookie sheets; freeze 1 hour or until firm.
- ☐ In glass pie plate, place cocoa. In medium microwavable bowl, microwave semisweet chocolate uncovered on High 1 to 2 minutes, stirring once, until chocolate can be stirred smooth. Using hands, drop frozen bonbons in melted chocolate and roll with hands to coat completely. Gently drop coated balls in cocoa, shaking pie plate to coat. Return balls to cookie sheets. Refrigerate 1 hour or until coating is firm. Store in refrigerator or freezer.

## Nutrition Facts



## Properties

Glycemic Index:0.86, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:2.7004347722168%

## Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 60.95kcal (3.05%), Fat: 4.51g (6.94%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.19g (1.52%), Sugar: 1.65g (1.84%), Cholesterol: 1.94mg (0.65%), Sodium: 2.04mg (0.09%), Alcohol: 0.25g (100%), Alcohol %: 2.14% (100%), Caffeine: 8.3mg (2.77%), Protein: 1.01g (2.03%), Manganese: 0.27mg (13.32%), Copper: 0.23mg (11.31%), Magnesium: 25.25mg (6.31%), Iron: 1.12mg (6.22%), Fiber: 1.25g (4.98%), Zinc: 0.58mg (3.87%), Phosphorus: 34.26mg (3.43%), Potassium: 86.31mg (2.47%), Vitamin C: 1.45mg (1.75%), Selenium:

0.82μg (1.18%)