



Brazilian Pecan-Cinnamon Truffles



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



30

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 1 cup pecans toasted chopped
- ☐ 1 teaspoon butter salted plus more for rubbing
- ☐ 14 ounces condensed milk sweetened canned
- ☐ 1 ounce chocolate white chopped

Equipment

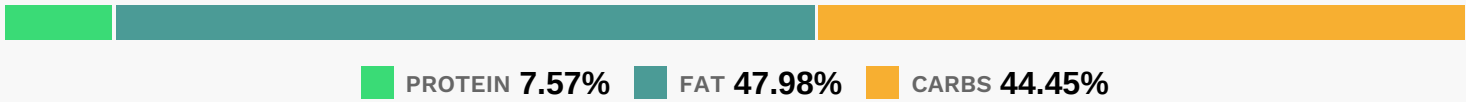
- ☐ bowl
- ☐ baking sheet

☐ sauce pan

Directions

- ☐ In a medium nonstick saucepan, combine the condensed milk with the white chocolate and 1 teaspoon of butter. Cook over moderately low heat, stirring constantly, until shiny and very thick, 15 to 18 minutes.
- ☐ Spread the mixture in a shallow dish and let cool for 15 minutes.
- ☐ Arrange 30 paper candy cups on a baking sheet. In a shallow bowl, mix the pecans with the cinnamon. Rub your hands with butter. Scoop up rounded teaspoons of the candy mixture and roll them into balls.
- ☐ Roll the candy in the pecan mixture and set them in a paper cup. Repeat to form the remaining candies.
- ☐ Serve slightly chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:4.8, Inflammation Score:-1, Nutrition Score:1.8243478290413%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 71.72kcal (3.59%), Fat: 3.97g (6.1%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.91g (2.88%), Sugar: 7.89g (8.76%), Cholesterol: 5.05mg (1.68%), Sodium: 18.73mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Manganese: 0.16mg (8.05%), Phosphorus: 44.36mg (4.44%), Calcium: 42.47mg (4.25%), Vitamin B2: 0.06mg (3.65%), Selenium: 2.13µg (3.04%), Vitamin B1: 0.03mg (2.29%), Copper: 0.04mg (2.12%), Magnesium: 7.59mg (1.9%), Potassium: 65.64mg (1.88%), Zinc: 0.28mg (1.88%), Fiber: 0.35g (1.42%), Vitamin B5: 0.13mg (1.34%), Vitamin B12: 0.06µg (1.06%)