



Brigadeiro – Brazilian Chocolate Truffles

 Gluten Free

READY IN



90 min.

SERVINGS



40

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds sliced chopped
- 0.3 cup mint
- 0.3 cup coconut or shredded
- 0.3 cup sprinkles
- 0.5 cup pistachios chopped
- 28 oz condensed milk sweetened canned (not evaporated)
- 2 tablespoons butter unsalted
- 0.3 cup cocoa powder unsweetened

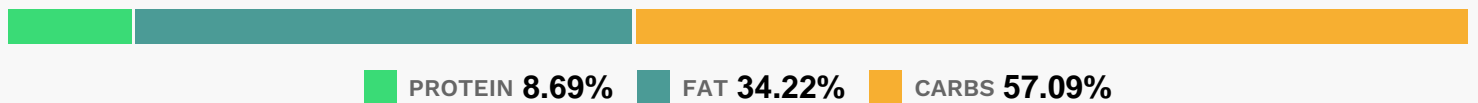
Equipment

- bowl
- frying pan
- sauce pan
- wooden spoon
- melon baller

Directions

- Grease large shallow pan or platter with butter. In 4-quart nonstick heavy saucepan, heat condensed milk, cocoa and 2 tablespoons butter to boiling, stirring constantly with wooden spoon. Reduce heat to medium-low; cook 10 to 15 minutes, stirring constantly, until mixture is thick and shiny and starts to pull away from bottom and side of saucepan when pan is tilted.
- Pour mixture into shallow pan; cool completely (refrigerate to firm up faster).
- Place remaining ingredients in separate small bowls. Use teaspoon or melon baller to scoop truffle mixture, then use greased hands to shape into 1- to 1 1/2-inch balls.
- Roll each ball in pistachios, almonds, coconut or sprinkles.
- Place in mini paper baking cups.
- Store tightly covered at room temperature up to 2 days or in the refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:6.64, Inflammation Score:-1, Nutrition Score:2.3343478369972%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Isorhamnetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 96.67kcal (4.83%), Fat: 3.81g (5.86%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 13.79g (5.01%), Sugar: 13.42g (14.92%), Cholesterol: 8.25mg (2.75%), Sodium: 25.55mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Phosphorus: 66.29mg (6.63%), Calcium: 60.98mg (6.1%), Vitamin B2: 0.1mg (5.61%), Selenium: 3.23µg (4.61%), Manganese: 0.07mg (3.39%), Potassium: 105.71mg (3.02%), Magnesium: 12mg (3%), Copper: 0.05mg (2.71%), Vitamin B1: 0.03mg (2.25%), Fiber: 0.51g (2.05%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.92%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.16mg (1.65%), Vitamin A: 76.87IU (1.54%), Vitamin B12: 0.09µg (1.48%), Iron: 0.22mg (1.21%)