



Brigadeiros (Brazilian Chocolate Candy)

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 0.5 stick butter soft
- ☐ 12 servings mint
- ☐ 3 tablespoons a cocoa powder
- ☐ 1 can condensed milk sweetened

Equipment

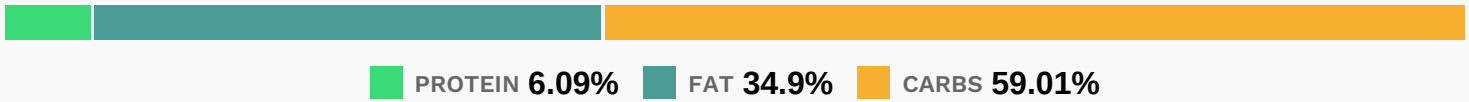
- ☐ sauce pan
- ☐ baking paper
- ☐ baking pan

☐ wooden spoon

Directions

- ☐ Place all the ingredients in a medium sauce pan, over low heat and cook for abot 12 to 15 minutes. Stirring constantly with a wooden spoon.
- ☐ Pour the mixture on a greased baking pan.
- ☐ Let it cool for at least 1 hour.With buttered hands, make equal size small balls with the mixture.
- ☐ Roll each brigadeiro in the chocolate sprinkles.
- ☐ Place in baking paper cups and store in the refrigerator overnight before serving.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:10.95, Inflammation Score:-2, Nutrition Score:3.0552174008411%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 184.84kcal (9.24%), Fat: 7.38g (11.35%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 27.62g (10.04%), Sugar: 27.08g (30.09%), Cholesterol: 21.34mg (7.11%), Sodium: 72.45mg (3.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Calcium: 96.45mg (9.65%), Phosphorus: 93.79mg (9.38%), Vitamin B2: 0.14mg (8.35%), Selenium: 5.11µg (7.3%), Vitamin A: 205.77IU (4.12%), Potassium: 142.56mg (4.07%), Magnesium: 14.91mg (3.73%), Zinc: 0.4mg (2.66%), Copper: 0.05mg (2.62%), Vitamin B5: 0.26mg (2.56%), Vitamin B12: 0.15µg (2.55%), Manganese: 0.05mg (2.5%), Vitamin B1: 0.03mg (2.06%), Fiber: 0.46g (1.85%), Iron: 0.24mg (1.32%), Vitamin E: 0.16mg (1.09%), Vitamin C: 0.86mg (1.04%), Folate: 4.17µg (1.04%)