



Cakespy: Chocolate Covered Potato Kisses

 Gluten Free  Low Fod Map

READY IN



180 min.

SERVINGS



20

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon brown sugar for flavor (optional;)
- 1 tablespoon butter
- 12 ounces chocolate chips
- 1 pound powdered sugar sifted
- 0.5 cup potatoes hot mashed
- 0.8 cup coconut sweetened flaked
- 0.5 teaspoon vanilla

Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- mixing bowl
- double boiler
- skewers

Directions

- Cover a countertop area or large baking sheet with waxed or parchment paper.
- In a medium mixing bowl, combine the mashed potatoes and butter, mixing well. Gradually add the sugar(s), blending until smooth. Stir in the vanilla extract and coconut; if the dough is too thick or won't hold together, add the milk or cream.
- Roll into balls (about 1 inch in diameter) and put in the freezer for about an hour.
- In a medium saucepan or double boiler, melt the chocolate morsels over low heat. Once melted, remove the truffles from the freezer and coat each one in chocolate, using a skewer or fork, tapping each against the side of the pan to drip off excess.
- Transfer to your sheet of parchment or waxed paper; add sprinkles if you'd like them to have a decorative finish.
- Let set for about 2 1/2 hours before serving.

Nutrition Facts

 PROTEIN **0.42%**  FAT **28.02%**  CARBS **71.56%**

Properties

Glycemic Index:6.69, Glycemic Load:0.67, Inflammation Score:1, Nutrition Score:0.68347826421909%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.92kcal (9.9%), Fat: 6.32g (9.73%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 35.92g (13.06%), Sugar: 33.32g (37.02%), Cholesterol: 1.5mg (0.5%), Sodium: 14.42mg (0.63%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 0.21g (0.42%), Potassium: 83.24mg (2.38%), Manganese: 0.04mg (1.99%), Fiber: 0.43g (1.72%), Calcium: 13.7mg (1.37%), Vitamin C: 1.03mg (1.25%)