



Candied Ginger Pound Cake Truffles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



87 kcal

Ingredients

- ☐ 0.3 cup amaretto
- ☐ 4 oz bittersweet chocolate chopped
- ☐ 8 oz baker's chocolate 60% chopped
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 36 servings candied ginger finely chopped
- ☐ 0.5 round cake
- ☐ 0.5 cup vanilla frosting

Equipment

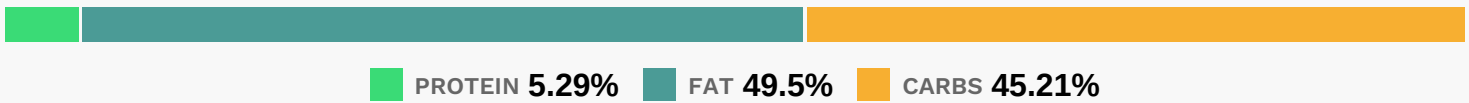
- ☐ bowl

- ☐ baking sheet
- ☐ double boiler
- ☐ wax paper

Directions

- ☐ Crumble half of Million Dollar Pound Cake into a large bowl; stir in Vanilla Buttercream Frosting, 1/3 cup finely chopped crystallized ginger, and amaretto liqueur until mixture holds its shape. Shape into 1-inch balls, and place on wax paper.
- ☐ Pour water to depth of 1 inch into bottom of a double boiler over medium heat. Bring to a boil; reduce heat, and simmer.
- ☐ Place bittersweet chocolate and semisweet chocolate in top of double boiler over simmering water. Cook, stirring occasionally, 15 minutes or until melted.
- ☐ Remove from heat. Dip truffles in melted chocolate; place on a wax paper-lined baking sheet.
- ☐ Sprinkle immediately with finely chopped crystallized ginger.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:3.0243478623097%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg

Nutrients (% of daily need)

Calories: 87.43kcal (4.37%), Fat: 5.13g (7.89%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.22g (3.35%), Sugar: 6.99g (7.77%), Cholesterol: 4.44mg (1.48%), Sodium: 34.04mg (1.48%), Alcohol: 0.43g (100%), Alcohol %: 2.61% (100%), Caffeine: 8.18mg (2.72%), Protein: 1.23g (2.46%), Manganese: 0.31mg (15.66%), Copper: 0.25mg (12.31%), Iron: 1.41mg (7.86%), Magnesium: 26.68mg (6.67%), Fiber: 1.32g (5.27%), Zinc: 0.71mg (4.76%), Phosphorus: 39.76mg (3.98%), Potassium: 75.83mg (2.17%), Vitamin B2: 0.03mg (1.69%), Selenium: 1.16µg (1.66%), Vitamin B1: 0.02mg (1.38%), Vitamin K: 1.25µg (1.19%), Calcium: 11.34mg (1.13%), Vitamin B3: 0.2mg (1.01%)