



Caramel-Dark Chocolate Truffles with Fleur de Sel

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon fleur del sel
- ☐ 32 servings fleur del sel
- ☐ 20 ounces bittersweet chocolate divided finely chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 tablespoons water
- ☐ 0.7 cup whipping cream

Equipment

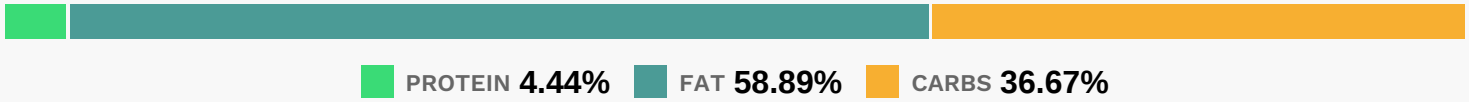
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Place 8 ounces chocolate in metal bowl over saucepan of barely simmering water (do not allow bottom of bowl to touch water); stir until chocolate is smooth.
- ☐ Remove chocolate from over water.
- ☐ Combine sugar and 2 tablespoons water in small saucepan. Stir over medium heat until sugar dissolves, occasionally brushing sides of pan with wet pastry brush. Increase heat; boil until syrup is deep amber color, brushing down sides and swirling pan occasionally, about 4 minutes.
- ☐ Add cream (mixture will bubble). Stir over very low heat until caramel is smooth.
- ☐ Mix caramel and 1/4 teaspoon fleur de sel into melted chocolate. Chill until truffle filling is firm, at least 3 hours.
- ☐ Place cocoa in bowl. Using 1 tablespoon truffle filling for each truffle, roll into balls, then roll in cocoa. Arrange on baking sheet. Cover; chill overnight.
- ☐ Line 13x9x2-inch baking sheet with foil.
- ☐ Place remaining 12 ounces chocolate in medium metal bowl over saucepan of barely simmering water (do not allow bottom of bowl to touch water); stir until chocolate is melted and smooth and thermometer inserted into chocolate registers 115°F.
- ☐ Remove bowl from over water. Working quickly, submerge 1 truffle in melted chocolate. Using fork, lift out truffle and tap fork against side of bowl to allow excess coating to drip off.
- ☐ Transfer truffle to prepared sheet. Repeat with remaining truffles.

- ☐
- Sprinkle truffles lightly with additional fleur de sel.
- ☐
- Let stand until coating sets, at least 1 hour. (Can be made 1 week ahead. Cover and chill. Bring to room temperature before serving.)
- ☐
- Submerge the bulb of a candy thermometer or the sensor on the stem of an instant-read thermometer in the chocolate for an accurate reading.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:3.4495652360113%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.53kcal (6.53%), Fat: 8.77g (13.49%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 10.37g (3.77%), Sugar: 8.75g (9.72%), Cholesterol: 6.67mg (2.22%), Sodium: 215.42mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.33mg (6.11%), Protein: 1.49g (2.98%), Manganese: 0.29mg (14.35%), Copper: 0.27mg (13.65%), Magnesium: 38.25mg (9.56%), Fiber: 1.91g (7.66%), Iron: 1.31mg (7.3%), Phosphorus: 58.81mg (5.88%), Zinc: 0.57mg (3.83%), Potassium: 125.68mg (3.59%), Selenium: 1.84µg (2.63%), Vitamin A: 81.75IU (1.63%), Calcium: 16.16mg (1.62%), Vitamin K: 1.47µg (1.4%), Vitamin B2: 0.02mg (1.27%), Vitamin E: 0.15mg (1.01%)