



## Cayenne Ganache and Lemon Jelly Filled Chocolate Bonbons

 Vegetarian

READY IN



790 min.

SERVINGS



30

CALORIES



226 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 2 ounces butter room temperature
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 ounce citric acid
- ☐ 10 ounces cup heavy whipping cream
- ☐ 12 ounces chocolate dark chopped
- ☐ 30 servings chocolate dark melted for sealing
- ☐ 1 ounce glucose

- ☐ 2 ounces glucose
- ☐ 20 ounces juice of lemon
- ☐ 0.5 ounce pectin
- ☐ 30 chocolate shells
- ☐ 23 ounces sugar

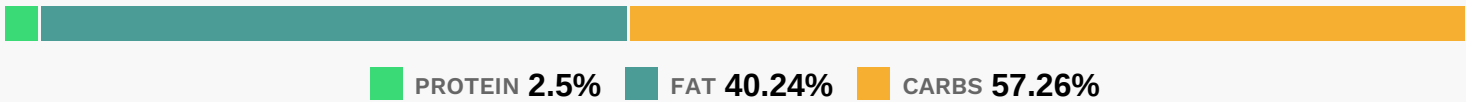
## Equipment

- ☐ sauce pan
- ☐ pastry bag

## Directions

- ☐ In a medium saucepan, bring the cream, glucose, and cayenne to a boil.
- ☐ Pour over the dark chocolate. Stir until emulsified.
- ☐ Add the butter. Allow to cool to 80 degrees F.
- ☐ Place in a pastry bag.
- ☐ Pipe a small amount of the cold Lemon Jelly into a chocolate shell. Pipe the ganache over the jelly. Allow to set overnight in a cool place.
- ☐ Seal the ganache with melted dark chocolate. Refrigerate for 10 minutes, then turn out of the mold.
- ☐ Mix the pectin with the sugar. In a medium saucepan, bring the lemon juice to a boil.
- ☐ Add the sugar and pectin mixture.
- ☐ Add the glucose. Boil to 225 degrees F.
- ☐ Remove from the heat and add the citric acid. Allow to cool, and then refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:16.47, Inflammation Score:-3, Nutrition Score:3.7578260924505%

## Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.73mg, Hesperetin: 2.73mg, Hesperetin: 2.73mg, Hesperetin: 2.73mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 225.59kcal (11.28%), Fat: 10.34g (15.91%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 31.62g (11.5%), Sugar: 26.65g (29.61%), Cholesterol: 15.11mg (5.04%), Sodium: 22.36mg (0.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.87mg (3.29%), Protein: 1.45g (2.89%), Manganese: 0.25mg (12.67%), Copper: 0.23mg (11.42%), Vitamin C: 7.38mg (8.95%), Iron: 1.53mg (8.51%), Magnesium: 30.53mg (7.63%), Fiber: 1.48g (5.92%), Phosphorus: 47.4mg (4.74%), Vitamin A: 199.04IU (3.98%), Potassium: 120.16mg (3.43%), Zinc: 0.46mg (3.07%), Selenium: 1.92µg (2.75%), Vitamin B2: 0.04mg (2.12%), Calcium: 17.32mg (1.73%), Vitamin E: 0.24mg (1.59%), Vitamin K: 1.35µg (1.29%), Folate: 4.42µg (1.1%), Vitamin B5: 0.11mg (1.07%), Vitamin D: 0.15µg (1.01%)