



Chai Truffles

 Gluten Free

READY IN



155 min.

SERVINGS



100

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.7 cup dutch-processed cocoa powder
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground ginger

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup powdered sugar
- ☐ 24 oz semi chocolate chips
- ☐ 0.8 cup whipping cream

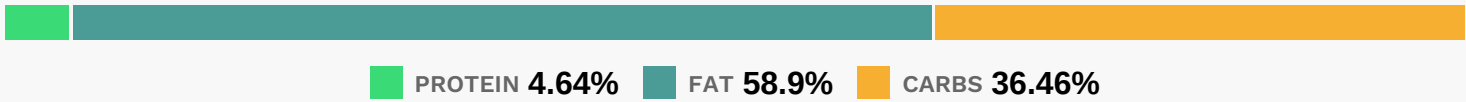
Equipment

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Bring whipping cream, 1 tsp. ground cardamom, ground ginger, 1/2 tsp. ground cinnamon, and 1/4 tsp. freshly ground black pepper to a boil over medium-high heat; remove from heat.
- ☐ Add semisweet chocolate morsels, and stir until melted.
- ☐ Pour into a lightly greased 11- x 7-inch baking dish. Chill 2 hours.
- ☐ Remove from refrigerator, and let stand 20 minutes. Shape into 1-inch balls (about 2 tsp. per ball).
- ☐ Whisk together cocoa, powdered sugar, 2 tsp. freshly ground black pepper, 1 1/2 tsp. ground cinnamon, 1/2 tsp. ground cardamom, and kosher salt in a shallow dish.
- ☐ Roll balls in cocoa mixture. Store in refrigerator up to 2 weeks.
- ☐ PACKAGE THEM IN: Hip 2B Square Boxes (85 cents; thinkgarnish.com)

Nutrition Facts



Properties

Glycemic Index:0.84, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.4343478224524%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 49.48kcal (2.47%), Fat: 3.33g (5.13%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.84g (1.4%), Sugar: 3.15g (3.5%), Cholesterol: 2.43mg (0.81%), Sodium: 7.13mg (0.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.17mg (2.39%), Protein: 0.59g (1.18%), Manganese: 0.14mg (7%), Copper: 0.11mg (5.39%), Magnesium: 15.17mg (3.79%), Fiber: 0.8g (3.2%), Iron: 0.53mg (2.93%), Phosphorus: 23.12mg (2.31%), Zinc: 0.23mg (1.52%), Potassium: 50.37mg (1.44%), Selenium: 0.73µg (1.04%)