



Champagne Truffles

 Gluten Free

READY IN



180 min.

SERVINGS



15

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces bittersweet chocolate finely chopped
- 0.3 cup champagne at room temperature
- 1 tablespoon plus
- 6 ounces chocolate finely chopped
- 1 tablespoon cocoa powder unsweetened

Equipment

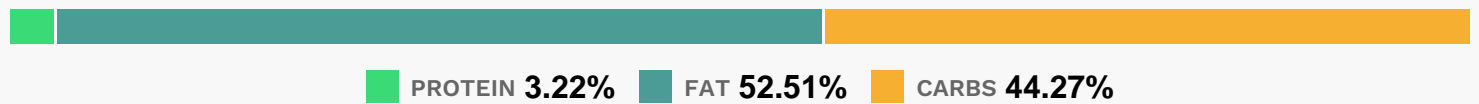
- bowl
- plastic wrap

double boiler

Directions

- Combine first 4 ingredients in the top of a double boiler. Cook over simmering water until chocolates completely melt, stirring constantly.
- Pour mixture into a 9-inch pie plate. Cover surface with plastic wrap. Refrigerate 2 hours or until firm.
- Scoop chocolate mixture with a spoon into 15 equal portions.
- Roll each portion into a ball.
- Place cocoa in a shallow bowl.
- Roll chocolate balls in cocoa to coat completely. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:2.87, Inflammation Score:-1, Nutrition Score:1.6691304341606%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 86.22kcal (4.31%), Fat: 5.37g (8.27%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.15g (3.33%), Sugar: 8.4g (9.34%), Cholesterol: 0.23mg (0.08%), Sodium: 3.45mg (0.15%), Alcohol: 0.25g (100%), Alcohol %: 1.53% (100%), Caffeine: 11.5mg (3.83%), Protein: 0.74g (1.48%), Copper: 0.13mg (6.27%), Manganese: 0.12mg (5.94%), Magnesium: 21.54mg (5.38%), Fiber: 1.05g (4.2%), Iron: 0.61mg (3.41%), Phosphorus: 29.53mg (2.95%), Zinc: 0.3mg (2.02%), Potassium: 62.86mg (1.8%), Vitamin B2: 0.03mg (1.78%)