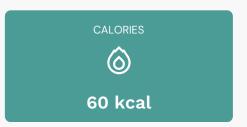


Charles Chocolates Bittersweet Chocolate Truffles

READY IN
SERVINGS

360 min.
60



ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

1 pound bittersweet chocolate finely chopped

2 ounces cocoa powder unsweetened

1 cup cup heavy whipping cream

1 vanilla pod whole

Equipment

bowl

frying pan

| | baking sheet |
|----|--|
| | sauce pan |
| | knife |
| | whisk |
| | baking pan |
| | melon baller |
| | |
| Di | rections |
| | Place the cream in a small saucepan over medium heat and bring to a simmer. |
| | Remove from the heat and set aside. |
| | Place the chopped chocolate in a heatproof bowl and set aside. Split the vanilla bean lengthwise and use the back of a paring knife to scrape the vanilla seeds into the cream. Discard the pod or reserve it for another use. |
| | Let the cream and vanilla steep for 10 minutes.Return the cream to a gentle simmer over medium heat. |
| | Pour the hot cream over the reserved chocolate and let it sit undisturbed for 5 minutes. |
| | Whisk the chocolate and cream together until very smooth. |
| | Pour the chocolate mixture into an 8-by-8-inch baking dish. Cover and refrigerate until hardened, at least 5 hours. Using a small melon baller or a small teaspoon, scoop a 1-inch-sized ball of the chocolate mixture into your hand and roll it between your palms until it's somewhat smooth and round. |
| | Place on a baking sheet and repeat with the remaining chocolate mixture. |
| | Place the cocoa powder in a shallow bowl or pan. |
| | Roll the truffles in the cocoa powder until evenly coated. Store the truffles at a cool room temperature (55°F to 65°F) for up to 2 weeks in an airtight container, but do not refrigerate of freeze them—this damages the texture of the creamy chocolate. |
| | Nutrition Facts |
| | PROTEIN 4.92% FAT 65.05% CARBS 30.03% |
| | FROTEIN 4.32 /0 FAT UJ.UJ /0 CARDS JU.UJ /0 |

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7026087300771%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 59.61kcal (2.98%), Fat: 4.47g (6.88%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.91g (3.23%), Cholesterol: 4.94mg (1.65%), Sodium: 2.03mg (0.09%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 8.68mg (2.89%), Protein: 0.76g (1.52%), Manganese: 0.14mg (6.82%), Copper: 0.13mg (6.53%), Magnesium: 18.3mg (4.57%), Fiber: 0.95g (3.82%), Iron: 0.61mg (3.41%), Phosphorus: 28.89mg (2.89%), Zinc: 0.27mg (1.83%), Potassium: 61mg (1.74%), Selenium: 0.89µg (1.27%), Vitamin A: 62.09IU (1.24%)