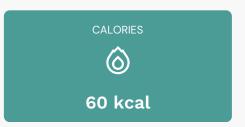


Charles Chocolates Bittersweet Chocolate Truffles

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					
H						
H	sauce pan					
ᆜ	knife					
Ш	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%					

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%)