



Charles Chocolates Bittersweet Chocolate Truffles

 Gluten Free

READY IN



360 min.

SERVINGS



60

CALORIES



60 kcal

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

Directions

- 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 or 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: 0g (100%), Alcohol %: 0% (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%)