



Cherry-Chocolate Truffles

 Gluten Free

READY IN



130 min.

SERVINGS



48

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz bittersweet chocolate chopped
- ☐ 4 oz bittersweet chocolate chopped
- ☐ 1 cup butter softened
- ☐ 1 cup cherries dried red finely chopped
- ☐ 0.3 cup brandy
- ☐ 2.5 oz chocolate white finely grated
- ☐ 1 serving cocoa powder
- ☐ 48 small peanut butter cups (1-inch)

☐ 0.3 cup frangelico

Equipment

☐ sauce pan

☐ whisk

Directions

☐ In medium saucepan, combine semisweet chocolate, bittersweet chocolate and half-and-half. Cook over low heat until chocolate is melted, stirring frequently.

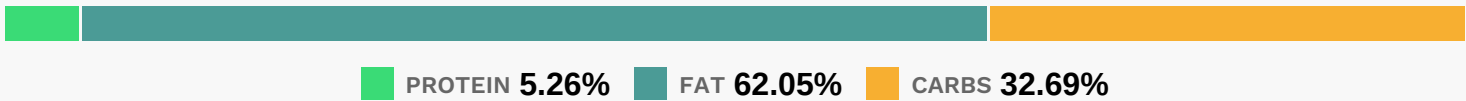
☐ Remove from heat. Cool 10 minutes.

☐ With wire whisk, beat butter, 1 tablespoon at a time, into chocolate until smooth and creamy. Beat in cherries and liqueur. Cover; refrigerate 1 1/2 hours, stirring twice, or until mixture is thick and can be molded.

☐ Spread grated baking bar on sheet of waxed paper. Drop teaspoonfuls of chocolate mixture over grated baking bar; roll each to coat and shape into rough ball. For variety, roll some of the chocolate mixture in cocoa.

☐ Place truffles in candy cups. Refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:3.27, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:2.6234782597293%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 175.2kcal (8.76%), Fat: 12.22g (18.8%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.23g (4.81%), Sugar: 11.87g (13.19%), Cholesterol: 11.92mg (3.97%), Sodium: 93.15mg (4.05%), Alcohol: 0.42g (100%), Alcohol %: 1.54% (100%), Caffeine: 7.33mg (2.44%), Protein: 2.33g (4.66%), Copper: 0.13mg (6.65%), Magnesium: 23.71mg (5.93%), Phosphorus: 50.34mg (5.03%), Fiber: 1.25g (5%), Manganese: 0.1mg (4.85%), Vitamin B3: 0.84mg (4.2%), Iron: 0.67mg (3.73%), Potassium: 110.58mg (3.16%), Zinc: 0.42mg (2.83%), Vitamin A: 133.53IU (2.67%), Folate: 8.87µg (2.22%), Calcium: 22.13mg (2.21%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.03mg (1.71%), Vitamin B5: 0.15mg (1.47%), Selenium: 0.95µg (1.36%), Vitamin K: 1.38µg (1.31%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.07µg (1.22%), Vitamin B6: 0.02mg (1.09%)