



Chocolate biscuit truffles

READY IN



23 min.

SERVINGS



30

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 142 ml pot double cream
- ☐ 150 g chocolate white
- ☐ 150 g chocolate dark
- ☐ 50 g butter unsalted
- ☐ 4 biscuits crumbled
- ☐ 85 g fruit dried good chopped (apricots and cranberries are)
- ☐ 1 orange zest

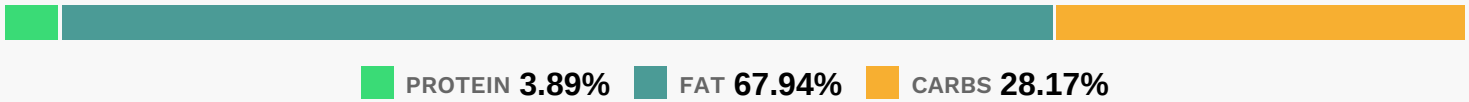
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the cream in a small pan, then bring just to the boil. Put chocolates in separate bowls, then divide the butter between each. Tip half of the cream over each bowl of chocolate. Leave for about 1 min then stir until melted and smooth. Allow to cool.
- ☐ Divide the shortbread, fruit and orange zest between the bowls, stir, then chill for at least 4 hrs until firm.
- ☐ Using a teaspoon, scoop out the mixtures and form into small truffles. Sift the icing sugar onto a plate and roll the white chocolate truffles in it. Do the same with the cocoa and the dark chocolate truffles, then chill until needed. Can be made up to a day ahead.

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:3.11, Inflammation Score:-1, Nutrition Score:1.8413043605245%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 93.53kcal (4.68%), Fat: 7.16g (11.02%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 5.97g (2.17%), Sugar: 4.7g (5.22%), Cholesterol: 10.16mg (3.39%), Sodium: 11.74mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4mg (1.33%), Protein: 0.92g (1.85%), Manganese: 0.11mg (5.69%), Copper: 0.1mg (4.76%), Iron: 0.66mg (3.68%), Magnesium: 12.81mg (3.2%), Fiber: 0.72g (2.87%), Phosphorus: 28.64mg (2.86%), Vitamin A: 119.62IU (2.39%), Vitamin B2: 0.03mg (1.92%), Calcium: 18.19mg (1.82%), Potassium:

59.26mg (1.69%), Vitamin E: 0.23mg (1.54%), Zinc: 0.23mg (1.5%), Vitamin K: 1.38µg (1.31%), Vitamin C: 0.99mg (1.21%), Selenium: 0.81µg (1.16%)