



Chocolate Brigadeiros

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup mint
- ☐ 2 teaspoons plus light
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 4 tablespoons butter unsalted
- ☐ 2 teaspoons cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In a medium heavy-bottomed saucepan,place the condensed milk, butter, heavycream, and corn syrup and bring to a boilover medium heat.
- ☐ When the mixture starts to bubble, add thechocolate and the cocoa powder.
- ☐ Whisk well,making sure there are no pockets of cocoapowder. Reduce the heat to low and cook,whisking constantly, until it is the consistencyof a dense fudgy batter, 8 to 10 minutes.You want the mixture to bubble toward theend, so it's important to use low heat or thesides of the pan will burn the fudge. If youundercook it, the brigadeiro will be too soft;if you overcook it, it will be too chewy. It isdone when you swirl the pan and the mixtureslides as one soft piece, leaving a thick burntresidue on the bottom.
- ☐ Slide the mixture into a bowl (without scrapingthe bottom) and let cool at room temperature.Cover the bowl with plastic wrap andchill in the refrigerator for at least 4 hours.
- ☐ Scoop the mixture by the teaspoonful and,using your hands, roll each into a little ballabout 3/4 inch in diameter (about the size ofa chocolate truffle).
- ☐ Place the sprinkles in a bowl.
- ☐ Roll 4 to 6brigadeiros at a time through the sprinkles,making sure they cover the entire surface.Store in an airtight plastic container for 2days or up to 1 month in the refrigerator.
- ☐ Recipes from The Brazilian Kitchen by
- ☐ Leticia Moreinos Schwartz (Kyle Books; 2010)

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:1.6391304290813%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg

Nutrients (% of daily need)

Calories: 95.15kcal (4.76%), Fat: 3.7g (5.69%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 14.15g (5.14%), Sugar: 13.89g (15.43%), Cholesterol: 9.54mg (3.18%), Sodium: 23.19mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Calcium: 52.12mg (5.21%), Phosphorus: 50.55mg (5.06%), Vitamin B2: 0.08mg (4.48%), Selenium: 2.81µg (4.02%), Potassium: 77.77mg (2.22%), Magnesium: 8.21mg (2.05%), Vitamin A: 88.94IU (1.78%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.14mg (1.41%), Copper: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.4%), Manganese: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.13%)