



Chocolate Caramel Peanut Truffles



Vegetarian



Gluten Free

READY IN



230 min.

SERVINGS



40

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.7 cup heavy cream
- ☐ 0.5 cup peanuts finely chopped for coating
- ☐ 1 cup sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

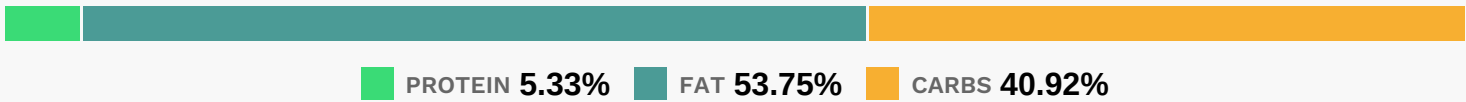
Equipment

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

Directions

- ☐ Place the sugar in a heavy saucepan. Cook over medium-high heat, stirring just until the sugar has melted. Continue cooking, swirling the pan often, until the sugar is dark golden caramel.
- ☐ Remove the pan from the heat and carefully pour in the cream. Return the pan to the heat and simmer, stirring, until the caramel has dissolved.
- ☐ Remove the pan from the heat and, while hot, stir in the chocolate, peanut butter, salt, and vanilla.
- ☐ Let stand for about 5 minutes or until the chocolate and peanut butter have dissolved.
- ☐ Transfer to a bowl and cool to room temperature. Cover the bowl with plastic wrap and chill until firm, about 2 hours.
- ☐ Use a small spoon to scoop out the truffles and form into 1-inch balls.
- ☐ Roll the truffles in the peanuts and transfer to a tray covered with waxed paper. Chill until firm, about 1 hour. Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:3.53, Inflammation Score:-1, Nutrition Score:1.7686956705445%

Nutrients (% of daily need)

Calories: 85.14kcal (4.26%), Fat: 5.21g (8.01%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.19g (2.98%), Sugar: 7.54g (8.38%), Cholesterol: 4.87mg (1.62%), Sodium: 20.14mg (0.88%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Caffeine: 5.49mg (1.83%), Protein: 1.16g (2.32%), Manganese: 0.14mg (7.25%), Copper: 0.1mg (5.01%), Magnesium: 16.3mg (4.07%), Fiber: 0.72g (2.89%), Phosphorus: 28.68mg (2.87%), Iron: 0.5mg (2.75%), Vitamin B3: 0.45mg (2.27%), Potassium: 58.28mg (1.67%), Zinc: 0.24mg (1.59%), Folate: 5.23µg (1.31%), Vitamin A: 61.5IU (1.23%), Selenium: 0.85µg (1.21%), Vitamin B1: 0.02mg (1.08%)