



WHATSheATE



Chocolate-Cashew Vegan Valentine Truffles



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



24

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 1 c coating: cocoa powder red very finely chopped for the one in the photograph (I used sugar)
- ☐ 0.5 teaspoon optional: flavoring
- ☐ 24 mini-paper colored and/or patterned liners (I purchased mine at a craft store)
- ☐ 0.8 cup powdered sugar
- ☐ 0.5 cup water plus up to 1 tablespoon more

Equipment

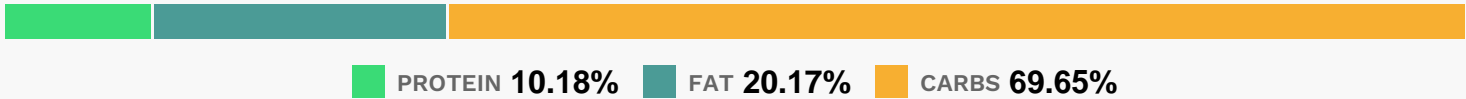
- ☐ food processor

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Line a baking sheet with waxed paper.
- ☐ Place all ingredients, except paper liners of course, in the bowl of a food processor. Process for a few seconds and then scrape the sides of the bowl. Process the mixture for several minutes or until very smooth, scraping the sides as necessary.
- ☐ Add the additional 1 tablespoon of water, 1 teaspoon at a time, if needed to prevent stressing the motor of your food processor, as this is a very thick mixture. Scrape it into an airtight container and chill for 2 to 3 hours or until it is firm enough to handle very easily. (The motor of your food processor working will have caused the mixture to warm slightly.) Scoop the mixture into 1-inch balls (I use a small scoop for this task), rolling each one between your palms quickly to shape, and placing it on the prepared baking sheet. Return the sheet to the refrigerator if necessary before coating the candies.
- ☐ Pour the desired coating into a small bowl, quickly roll each truffle in it to cover completely, and place it in a mini-paper liner. Store the truffles in an airtight container in the refrigerator. Package as desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.3060869423106%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 31.86kcal (1.59%), Fat: 0.97g (1.49%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.39g (4.87%), Cholesterol: 0.15mg (0.05%), Sodium: 2.13mg (0.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 1.1g (2.2%), Manganese: 0.21mg (10.32%), Copper: 0.2mg (10.24%), Fiber: 2.02g (8.06%), Magnesium: 26.87mg (6.72%), Iron: 0.76mg (4.23%), Phosphorus: 39.45mg (3.95%), Zinc: 0.37mg (2.45%), Potassium: 81.78mg (2.34%), Selenium: 0.79µg (1.13%)