



Chocolate Chai Tea Truffles



Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 30 servings chocolate chai tea truffles
- ☐ 1 chai spiced tea bags (regular or decaf)
- ☐ 2 cups semi-sweet chocolate morsels
- ☐ 2 tablespoons vegetable shortening
- ☐ 0.5 cup whipping cream
- ☐ 12 oz morsels white

Equipment

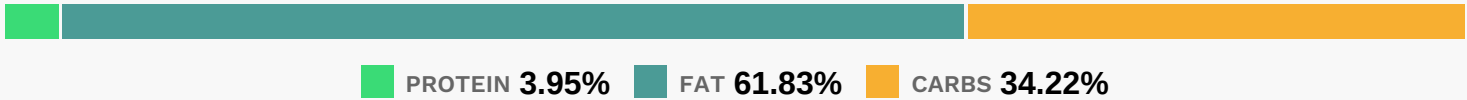
- ☐ bowl

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Place cream in a microwave-safe glass measuring cup. Microwave 1 minute or just to boiling. Submerge tea bag in cream. With back of spoon, press tea bag firmly against sides of the cup to release flavor. Steep for 10 minutes, pressing bag halfway through and before removing.
- ☐ Place white morsels in a medium microwave-safe bowl.
- ☐ Pour chai flavored cream over white morsels and place bowl in microwave. Microwave on high for 30 seconds, then stir. Repeat until smooth.
- ☐ Place melted chai morsel mixture in refrigerator and chill for at least 3 hours.Using a spoon, scoop chai mixture out of the bowl and form little balls about ¾ inch. Set the little chai balls on a plate covered with waxed paper.
- ☐ Place in freezer for 30 minutes.In a microwave-safe bowl, melt chocolate morsels and vegetable shortening on high for 1 1/2 minutes, stopping every 30 seconds to stir. Stir and microwave for one minute more, stirring halfway through. Dip frozen chai balls in melted chocolate and refrigerate until chocolate sets.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:2.5873913223977%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg

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Nutrients (% of daily need)

Calories: 149.71kcal (7.49%), Fat: 10.39g (15.99%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.99g (4.36%), Sugar: 11.09g (12.32%), Cholesterol: 7.56mg (2.52%), Sodium: 12.51mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.23mg (3.41%), Protein: 1.49g (2.98%), Manganese: 0.16mg (7.89%), Copper: 0.15mg (7.65%), Magnesium: 22.2mg (5.55%), Phosphorus: 52.6mg (5.26%), Iron: 0.77mg (4.27%), Fiber: 0.96g (3.82%), Calcium: 32.43mg (3.24%), Potassium: 102.72mg (2.93%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.05mg (2.66%), Vitamin K: 2.45µg (2.34%), Selenium: 1.61µg (2.3%), Vitamin E: 0.27mg (1.78%), Vitamin B12: 0.09µg (1.51%), Vitamin A: 67.55IU (1.35%), Vitamin B5: 0.12mg (1.2%)