



## Chocolate Chestnut Truffles

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons brandy
- 6 tablespoons butter softened
- 10 ounce honey drained canned
- 36 servings cocoa
- 5 ounces bittersweet chocolate
- 0.5 cup caster sugar
- 1 teaspoon vanilla extract

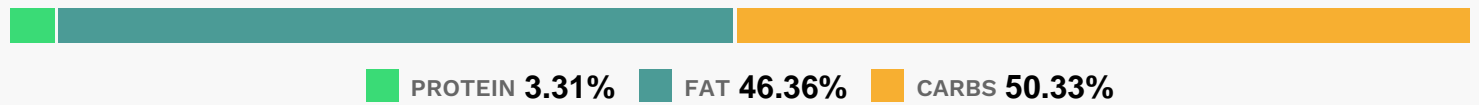
### Equipment

food processor

## Directions

- Process chocolate in a food processor until smooth, stopping once to scrape down sides.
- Add remaining ingredients, and process until smooth. Cover and chill 8 hours.
- Let mixture stand at room temperature 1 hour; shape into 1-inch balls, and roll in cocoa.
- Place in paper candy cups, if desired. Cover and chill at least 2 hours.
- \*We used Ghirardelli chocolate.

## Nutrition Facts



## Properties

Glycemic Index:5.25, Glycemic Load:3.82, Inflammation Score:-1, Nutrition Score:1.7143478147362%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 70.18kcal (3.51%), Fat: 3.65g (5.61%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.25g (4.72%), Cholesterol: 5.25mg (1.75%), Sodium: 15.81mg (0.69%), Alcohol: 0.32g (100%), Alcohol %: 2.13% (100%), Caffeine: 5.69mg (1.9%), Protein: 0.59g (1.17%), Copper: 0.12mg (6.02%), Manganese: 0.12mg (5.88%), Vitamin C: 3.17mg (3.84%), Magnesium: 14.34mg (3.59%), Fiber: 0.69g (2.74%), Iron: 0.46mg (2.58%), Potassium: 76.44mg (2.18%), Phosphorus: 21.17mg (2.12%), Vitamin B6: 0.03mg (1.52%), Zinc: 0.21mg (1.43%), Vitamin A: 62.33IU (1.25%), Folate: 4.96µg (1.24%)