



Chocolate-Covered Raspberry Truffles

 Gluten Free

READY IN



120 min.

SERVINGS



50

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 oz bittersweet chocolate unsweetened finely chopped (not extra-bitter or)
- ☐ 1.5 tablespoons raspberries (raspberry eau-de-vie)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 cup raspberries fresh
- ☐ 0.8 cup cocoa powder unsweetened

Equipment

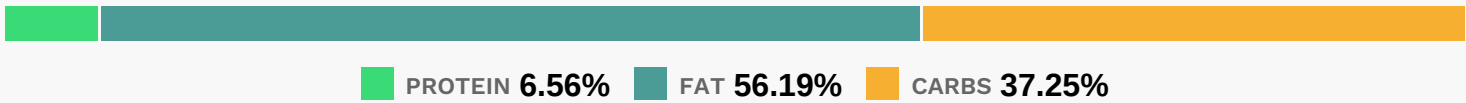
- ☐ bowl
- ☐ sauce pan

- ☐ wax paper
- ☐ spatula

Directions

- ☐ Line a tray with wax paper.
- ☐ Bring cream just to a simmer in a 1- to 2-quart heavy saucepan over moderate heat.
- ☐ Remove from heat, then add chocolate and stir gently with a heatproof rubber spatula until ganache is smooth. Stir in framboise.
- ☐ Pat raspberries dry if necessary.
- ☐ Add 6 to 8 raspberries to ganache and gently fold in to coat using rubber spatula.
- ☐ Remove each chocolate-covered raspberry with 2 forks, shifting it from one fork to the other to let excess ganache drip off, then transfer to tray. Coat remaining raspberries in same manner, working in batches of 6 to
- ☐ Chill truffles on tray until firm, at least 1 hour, then loosen from wax paper.
- ☐ Put cocoa in a sealable bag and add all of truffles. Seal bag, leaving some air in, and shake to coat. Empty bag into a shallow bowl.
- ☐ Transfer coated truffles to a platter with your fingers, shaking off excess cocoa. Keep chilled until ready to serve.
- ☐ Truffles can be chilled, covered after 1 hour, up to 2 days. Coat with cocoa powder up to 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.3813043521798%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg

2.63mg, Epicatechin: 2.63mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 31.45kcal (1.57%), Fat: 2.15g (3.3%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.64g (1.82%), Cholesterol: 1.58mg (0.53%), Sodium: 1.02mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.38mg (2.13%), Protein: 0.56g (1.13%), Manganese: 0.12mg (6.06%), Copper: 0.1mg (5.06%), Fiber: 0.98g (3.92%), Magnesium: 14.13mg (3.53%), Iron: 0.45mg (2.51%), Phosphorus: 21.3mg (2.13%), Zinc: 0.21mg (1.39%), Potassium: 47.54mg (1.36%)