



Chocolate Earl Grey Truffles

 Gluten Free

READY IN



4500 min.

SERVINGS



34

CALORIES



57 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 oz bittersweet chocolate unsweetened chopped (not)
- ☐ 1 cup dutch-processed cocoa powder unsweetened
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 2 teaspoons tea
- ☐ 2 tablespoons butter unsalted softened cut into 4 pieces and

Equipment

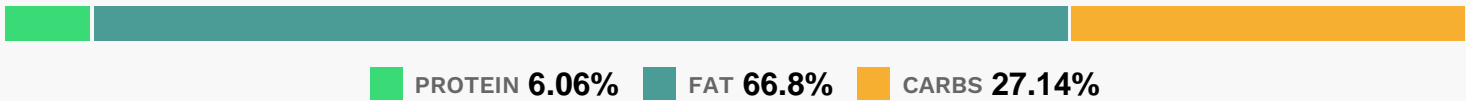
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wax paper

Directions

- ☐ Bring cream and butter to a boil in a small heavy saucepan and stir in tea leaves.
- ☐ Remove from heat and let steep 5 minutes.
- ☐ Meanwhile, finely grind chocolate in a food processor and transfer to a bowl.
- ☐ Pour cream through a fine-mesh sieve onto chocolate, pressing on and discarding tea leaves, then whisk until smooth. Chill ganache, covered, until firm, about 2 hours.
- ☐ Spoon level teaspoons of ganache onto a baking sheet. Put cocoa in a bowl, then dust your palms lightly with it.
- ☐ Roll each piece of ganache into a ball (wash your hands and redust as they become sticky). Drop several balls at a time into bowl of cocoa and turn to coat.
- ☐ Transfer as coated to an airtight container, separating layers with wax paper.
- ☐ • Truffles can be made 1 week ahead and chilled, or 1 month ahead and frozen in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.0560869470077%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 4.97mg, Epicatechin: 4.97mg, Epicatechin: 4.97mg, Epicatechin: 4.97mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Thearubigins: 0.24mg, Thearubigins: 0.24mg, Thearubigins: 0.24mg, Thearubigins: 0.24mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg

Nutrients (% of daily need)

Calories: 56.51kcal (2.83%), Fat: 4.62g (7.1%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.88g (1.05%), Sugar: 2.02g (2.24%), Cholesterol: 7.34mg (2.45%), Sodium: 2.39mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.18mg (3.39%), Protein: 0.94g (1.88%), Manganese: 0.16mg (8.2%), Copper: 0.16mg (7.95%), Magnesium: 21.78mg (5.44%), Fiber: 1.34g (5.34%), Iron: 0.67mg (3.74%), Phosphorus: 34.48mg (3.45%), Zinc: 0.32mg (2.11%), Potassium: 71.55mg (2.04%), Vitamin A: 91.68IU (1.83%), Selenium: 0.93µg (1.33%), Vitamin B2: 0.02mg (1.04%)