



Chocolate-Lemon Creams

 Gluten Free

READY IN



45 min.

SERVINGS



72

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce chocolate candy coating squares
- 16 ounce cream cheese softened
- 1 teaspoon lemon extract
- 3 tablespoons juice of lemon fresh
- 2 tablespoons lemon rind grated
- 1 cup powdered sugar sifted

Equipment

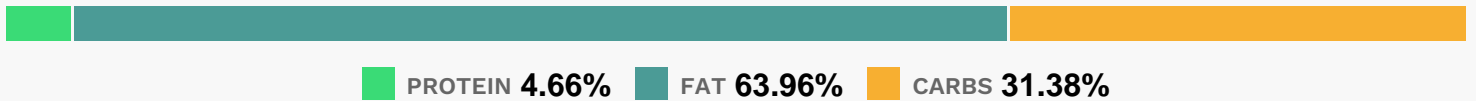
- food processor

- bowl
- baking sheet
- hand mixer
- ziploc bags
- wax paper
- microwave

Directions

- Beat first 5 ingredients at medium speed with an electric mixer until smooth; cover. Freeze 2 hours.
- Shape cream cheese mixture into 1-inch balls, and place on a wax paper-lined baking sheet; cover and freeze 1 hour.
- Let stand at room temperature 10 minutes.
- Microwave chocolate candy coating in a 1-quart microwave-safe bowl at HIGH 1 1/2 minutes or until melted, stirring twice.
- Dip balls into coating; place on wax paper.
- Let stand until firm.
- Place vanilla coating in a zip-top plastic bag. Seal and submerge coating in warm water until melted. Snip a hole in 1 corner of bag, and drizzle coating over chocolates, if desired.
- Note: A food processor may be used for the first step.

Nutrition Facts



Properties

Glycemic Index:0.38, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.33695652473556%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 33.25kcal (1.66%), Fat: 2.39g (3.68%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.45g (2.72%), Cholesterol: 6.36mg (2.12%), Sodium: 20.06mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin A: 84.73IU (1.69%)