



Chocolate Tia Maria nuggets

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



30

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 142 ml carton double cream
- ☐ 200 g bar chocolate dark
- ☐ 4 tbsp rum
- ☐ 30 servings icing sugar and cocoa powder

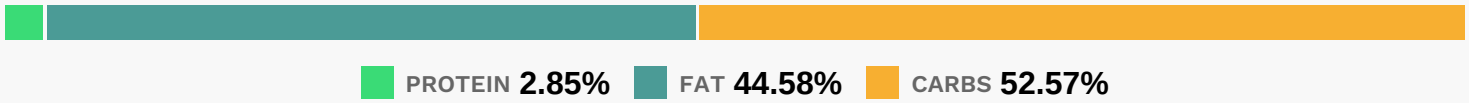
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring the cream to the boil in a small pan.
- ☐ Remove from the heat and stir in the chocolate until it has melted. Stir in the liqueur and pour into a bowl. Cool, then chill until firm, about 4 hrs, or overnight.
- ☐ Sprinkle a sheet of greaseproof paper with icing sugar and another with cocoa powder. Take a teaspoon and scoop nuggets of truffle mix out of the bowl and onto either the paper with cocoa powder or icing sugar. Use two teaspoons to coat the nuggets then transfer them to paper sweet cases. Pack into paper sweet cases in boxes and chill. Store for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:0.77, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:1.5895652389559%

Nutrients (% of daily need)

Calories: 94.04kcal (4.7%), Fat: 4.57g (7.03%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.39g (4.14%), Sugar: 10.5g (11.66%), Cholesterol: 5.58mg (1.86%), Sodium: 2.94mg (0.13%), Alcohol: 0.43g (100%), Alcohol %: 2.57% (100%), Caffeine: 5.33mg (1.78%), Protein: 0.66g (1.31%), Manganese: 0.13mg (6.51%), Copper: 0.12mg (5.94%), Iron: 0.8mg (4.46%), Magnesium: 15.53mg (3.88%), Fiber: 0.73g (2.91%), Phosphorus: 23.3mg (2.33%), Zinc: 0.23mg (1.55%), Potassium: 52.35mg (1.5%), Vitamin A: 72.6IU (1.45%)