



Chocolate-Toffee Puffs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.8 ounce chocolate bar crushed (such as Heath)
- ☐ 4 large egg whites
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup powdered sugar sifted
- ☐ 0.5 cup cocoa powder unsweetened (such as Hershey's)

Equipment

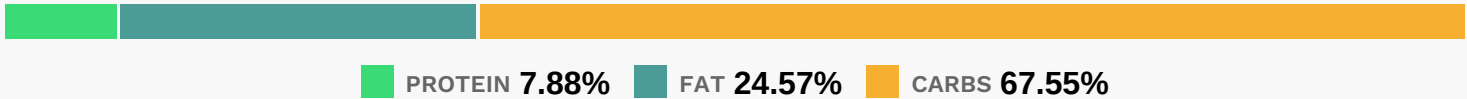
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Beat egg whites in a large bowl with a mixer at high speed until soft peaks form. Gradually add granulated sugar, beating until stiff peaks form.
- ☐ Combine powdered sugar, cocoa, and candy bars in a small bowl, and mix well. Fold half of cocoa mixture into egg whites (egg whites will deflate quickly). Fold in remaining cocoa mixture until smooth. Drop the egg mixture by rounded tablespoonfuls onto baking sheet coated with cooking spray.
- ☐ Bake at 350 for 15 minutes (puffs will be soft in center).

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.6291304184529%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 56.87kcal (2.84%), Fat: 1.67g (2.57%), Saturated Fat: 0.95g (5.97%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.33g (3.39%), Sugar: 8.53g (9.47%), Cholesterol: 0.1mg (0.03%), Sodium: 10.3mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.77mg (2.26%), Protein: 1.21g (2.42%), Manganese: 0.13mg (6.7%), Copper: 0.13mg (6.41%), Magnesium: 17.09mg (4.27%), Fiber: 1.02g (4.09%), Iron: 0.65mg (3.62%), Phosphorus: 24.16mg (2.42%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.03mg (1.91%), Potassium: 60mg (1.71%), Zinc: 0.23mg (1.56%)