



Chocolate-Triple Hazelnut Truffles

 Gluten Free

READY IN



380 min.

SERVINGS



21

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons nutella (such as Nutella)
- ☐ 1 tablespoon plus
- ☐ 0.3 cup hazelnuts salted toasted finely chopped
- ☐ 5 ounces chocolate finely chopped
- ☐ 1 Dash salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2.5 tablespoons hazelnuts (hazelnut-flavored liqueur)

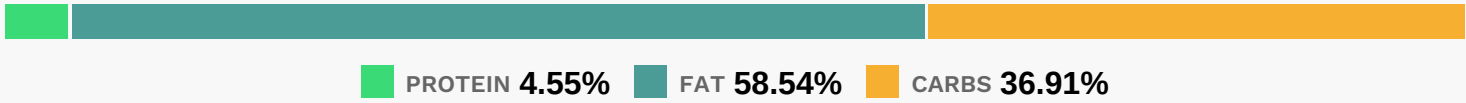
Equipment

☐ double boiler

Directions

- ☐ Combine the first 6 ingredients in the top of a double boiler. Cook over simmering water until chocolate melts (about 2 minutes), stirring constantly. Spoon mixture into a shallow dish.
- ☐ Let stand at room temperature 6 hours or up to overnight.
- ☐ Scoop about 1 tablespoon chocolate mixture with a spoon. Dredge in nuts; roll into a ball. Repeat procedure with remaining chocolate mixture and nuts.

Nutrition Facts



Properties

Glycemic Index:5.76, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.9547826020128%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 71.14kcal (3.56%), Fat: 4.98g (7.66%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.25g (2.27%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 4.67mg (0.2%), Alcohol: 0.03g (100%), Alcohol %: 0.3% (100%), Caffeine: 4.64mg (1.55%), Protein: 0.87g (1.74%), Manganese: 0.25mg (12.38%), Copper: 0.1mg (5.22%), Vitamin E: 0.61mg (4.09%), Magnesium: 14.39mg (3.6%), Fiber: 0.81g (3.26%), Iron: 0.45mg (2.49%), Phosphorus: 22.92mg (2.29%), Vitamin B1: 0.02mg (1.61%), Potassium: 51.53mg (1.47%), Vitamin B2: 0.02mg (1.43%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.02mg (1.13%), Folate: 4.07µg (1.02%)