



Chocolate Truffle Bites

READY IN



20 min.

SERVINGS



30

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz semisweet chocolate baking bars chopped
- ☐ 30 servings garnish: chocolate shavings
- ☐ 15 oz piecrusts refrigerated
- ☐ 1 pinch salt
- ☐ 30 servings whipped cream sweetened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup whipping cream

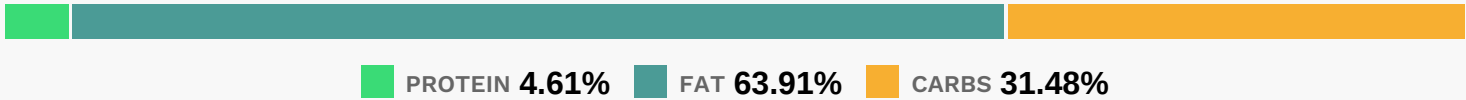
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425
- ☐ Unroll 3 piecrusts, and stack on top of one another.
- ☐ Cut piecrust stack 10 times using a 3-inch round cutter, making 30 rounds. Press rounds into bottoms of ungreased muffin cups. (Dough will come halfway up sides, forming a cup.) Flute edges with a fork, if desired.
- ☐ Bake rounds at 425 for 8 to 10 minutes or until golden.
- ☐ Let cool on a wire rack 10 minutes.
- ☐ Remove from pans to wire racks, and let cool completely (about 20 minutes).
- ☐ Meanwhile, stir together chocolate and cream in a 3 1/2-qt. heavy saucepan over low heat, and cook, stirring constantly, 4 to 5 minutes or until chocolate is melted and mixture is smooth.
- ☐ Remove from heat; stir in vanilla and salt.
- ☐ Let cool 30 minutes.
- ☐ Pour 1 Tbsp. chocolate mixture into each piecrust. Cover and chill 1 to 24 hours. Top each with a dollop of sweetened whipped cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.746521703413%

Nutrients (% of daily need)

Calories: 157.31kcal (7.87%), Fat: 11.17g (17.19%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 11.34g (4.12%), Sugar: 3.88g (4.31%), Cholesterol: 14.04mg (4.68%), Sodium: 62.76mg (2.73%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Caffeine: 7.36mg (2.45%), Protein: 1.81g (3.63%), Manganese: 0.18mg (8.83%), Copper: 0.12mg (5.95%), Iron: 0.92mg (5.12%), Magnesium: 18.43mg (4.61%), Phosphorus: 42.41mg (4.24%), Fiber: 1.04g (4.16%), Vitamin A: 162.14IU (3.24%), Vitamin B1: 0.05mg (3.04%), Vitamin B2: 0.05mg (2.78%), Selenium: 1.85µg (2.64%), Folate: 10.42µg (2.6%), Vitamin B3: 0.46mg (2.32%), Potassium: 78.94mg (2.26%), Zinc: 0.33mg (2.21%), Calcium: 19.32mg (1.93%), Vitamin K: 2.02µg (1.92%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.12mg (1.22%), Vitamin D: 0.15µg (1.01%)