



## Chocolate Truffle Cups

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

### Ingredients

- 2 oz baker's chocolate white
- 3 Tbsp milk divided
- 2 oz baker's semi-sweet chocolate
- 0.3 cup philadelphia divided

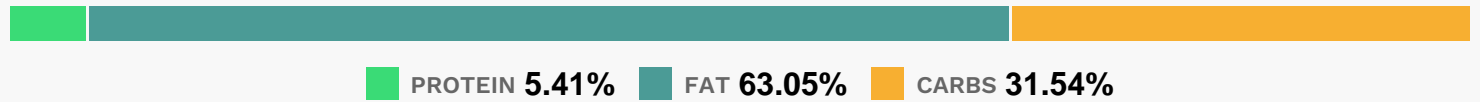
### Equipment

- bowl
- whisk
- microwave

## Directions

- Microwave white chocolate and 1 Tbsp. milk in small microwaveable bowl on HIGH 1-1/2 min.; stir until chocolate is completely melted.
- Add 2 Tbsp. reduced-fat cream cheese; beat with whisk until well blended. Set aside.
- Repeat with semi-sweet chocolate and remaining milk in separate microwaveable bowl.
- Spoon chocolate mixtures, side-by-side, into 4 dessert dishes. Refrigerate 15 min.
- Garnish with Chocolate-Dipped Strawberries or Chocolate Shapes (see Tips) just before serving, if desired.

## Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:6.27, Inflammation Score:-2, Nutrition Score:3.9499999893748%

## Nutrients (% of daily need)

Calories: 214.88kcal (10.74%), Fat: 15.22g (23.42%), Saturated Fat: 8.95g (55.92%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 15.97g (5.81%), Sugar: 14.64g (16.27%), Cholesterol: 19.51mg (6.5%), Sodium: 63mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.94g (5.88%), Manganese: 0.19mg (9.55%), Copper: 0.19mg (9.4%), Phosphorus: 88.35mg (8.83%), Magnesium: 29.28mg (7.32%), Calcium: 64.6mg (6.46%), Vitamin B2: 0.1mg (5.59%), Iron: 0.95mg (5.25%), Selenium: 3.26µg (4.66%), Fiber: 1.16g (4.65%), Potassium: 156.51mg (4.47%), Vitamin A: 220.1IU (4.4%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.2µg (3.28%), Vitamin K: 2.64µg (2.52%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.35mg (2.32%), Vitamin B1: 0.02mg (1.54%), Vitamin B6: 0.03mg (1.38%), Vitamin B3: 0.25mg (1.25%)