



Chocolate Truffle Loaf

 Gluten Free

READY IN



750 min.

SERVINGS



30

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter (1 stick)
- 0.5 cup plus
- 3 egg yolks lightly beaten
- 0.3 cup powdered sugar
- 1 cup raspberries fresh
- 30 servings raspberry sauce
- 16 oz baker's semi-sweet chocolate
- 1 tsp vanilla

- 2 cups whipping cream divided

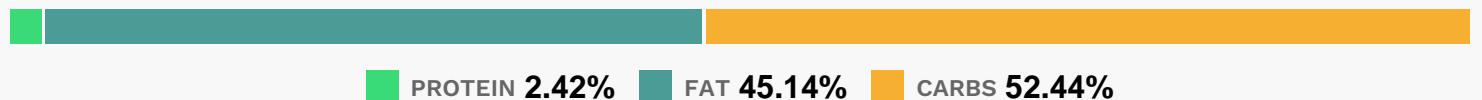
Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- loaf pan
- hand mixer

Directions

- Line 8x4-inch loaf pan with plastic wrap.
- Place chocolate, butter and corn syrup in large saucepan; cook on medium heat until chocolate is completely melted, stirring constantly. Beat 1/2 cup of the cream and the egg yolks in large bowl until well blended. Gradually stir into chocolate mixture. Cook 3 minutes, stirring constantly. Cool to room temperature.
- Beat remaining 1-1/2 cups cream, sugar and vanilla in medium bowl with electric mixer on medium-high speed until soft peaks form.
- Add to chocolate mixture; stir gently until well blended.
- Pour into prepared pan.
- Refrigerate overnight or freeze 3 hours. Unmold onto serving plate; remove plastic wrap.
- Cut into 12 slices.
- Place 1 slice on each dessert plate; top with 2 Tbsp. of the Raspberry Sauce and about 1 Tbsp. of the raspberries.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:4.4326086821763%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 293.47kcal (14.67%), Fat: 15.12g (23.26%), Saturated Fat: 7.79g (48.67%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 37.79g (13.74%), Sugar: 21.97g (24.41%), Cholesterol: 38.28mg (12.76%), Sodium: 53.91mg (2.34%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Caffeine: 13mg (4.33%), Protein: 1.82g (3.64%), Manganese: 0.29mg (14.61%), Copper: 0.21mg (10.39%), Vitamin A: 410.25IU (8.2%), Vitamin C: 6.36mg (7.71%), Magnesium: 30.4mg (7.6%), Fiber: 1.74g (6.94%), Iron: 1.16mg (6.42%), Phosphorus: 59.47mg (5.95%), Selenium: 3.11µg (4.45%), Potassium: 130.06mg (3.72%), Zinc: 0.55mg (3.63%), Vitamin B2: 0.06mg (3.48%), Vitamin E: 0.47mg (3.14%), Calcium: 27.35mg (2.73%), Vitamin D: 0.35µg (2.34%), Vitamin K: 2.19µg (2.08%), Vitamin B5: 0.17mg (1.74%), Folate: 6.42µg (1.61%), Vitamin B12: 0.09µg (1.52%), Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.02mg (1.21%), Vitamin B3: 0.22mg (1.12%)