






 **2%**
HEALTH SCORE

Chocolate Truffle Loaf with Raspberry Sauce

 **Gluten Free**

READY IN

45 min.

SERVINGS

12

CALORIES

528 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 0.3 cup plus light
- 0.5 cup plus light
- 3 large egg yolk
- 2 cups cup heavy whipping cream divided
- 0.3 cup powdered sugar
- 12 ounce raspberries frozen thawed
- 16 ounce bittersweet chocolate coarsely chopped

- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- blender
- plastic wrap
- loaf pan
- hand mixer
- measuring cup

Directions

- Line a 9- x 5-inch loaf pan with plastic wrap. Set aside.
- Melt chocolate, butter, and 1/2 cup corn syrup in a heavy saucepan over medium-low heat, stirring until smooth.
- Whisk together 1/2 cup whipping cream and egg yolks in a small bowl. Gradually stir into chocolate mixture, whisking constantly. Cook over medium-low heat 11 minutes or until mixture reaches 16
- Remove from heat, and let cool 45 minutes or until mixture reaches room temperature.
- Beat remaining 1 1/2 cups whipping cream, powdered sugar, and vanilla extract at high speed with an electric mixer until soft peaks form. Gently fold into chocolate mixture until no white streaks remain.
- Pour chocolate mixture into prepared pan. Cover and freeze 3 hours or until firm.
- Process raspberries and 1/3 cup corn syrup in a blender until smooth, stopping to scrape down sides.
- Pour raspberry mixture through a wire-mesh strainer into a 2-cup glass measuring cup, discarding seeds. Cover and chill until ready to serve.

Gently invert loaf pan onto a serving platter; remove pan and plastic wrap. Slice chocolate loaf into 12 servings, and serve with raspberry sauce.

Nutrition Facts

PROTEIN 3.36% **FAT 63.12%** **CARBS 33.52%**

Properties

Glycemic Index:9.5, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:10.413478322651%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 527.67kcal (26.38%), Fat: 37.83g (58.2%), Saturated Fat: 22.72g (142.02%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 40.33g (14.67%), Sugar: 36.99g (41.1%), Cholesterol: 113.33mg (37.78%), Sodium: 92.39mg (4.02%), Alcohol: 0.1g (100%), Alcohol %: 0.1% (100%), Caffeine: 32.51mg (10.84%), Protein: 4.54g (9.07%), Manganese: 0.69mg (34.72%), Copper: 0.51mg (25.27%), Fiber: 4.87g (19.47%), Magnesium: 76.22mg (19.05%), Vitamin A: 909IU (18.18%), Iron: 2.74mg (15.24%), Phosphorus: 148.37mg (14.84%), Selenium: 7.08µg (10.11%), Zinc: 1.43mg (9.51%), Vitamin C: 7.67mg (9.29%), Potassium: 302.5mg (8.64%), Vitamin E: 1.16mg (7.76%), Vitamin B2: 0.13mg (7.67%), Calcium: 67.6mg (6.76%), Vitamin K: 6.89µg (6.57%), Vitamin D: 0.86µg (5.76%), Vitamin B5: 0.45mg (4.45%), Vitamin B12: 0.23µg (3.84%), Folate: 14.03µg (3.51%), Vitamin B1: 0.05mg (3.4%), Vitamin B6: 0.06mg (2.88%), Vitamin B3: 0.52mg (2.59%)