

Chocolate Truffles

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces baker's chocolate white chopped (chocolate)
- 2 tablespoons butter
- 15 servings m&m candies finely chopped
- 6 ounces milk chocolate chips white
- 1 tablespoon shortening
- 0.3 cup whipping cream (heavy)

Equipment

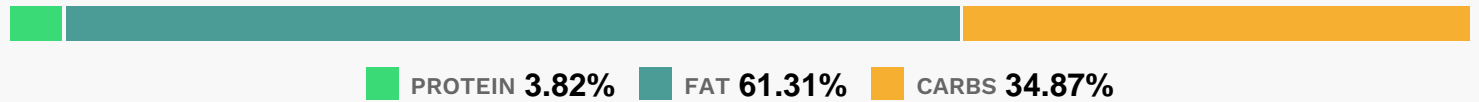
- baking sheet

- sauce pan
- aluminum foil

Directions

- Cover cookie sheet with aluminum foil. Melt baking chocolate in heavy 2-quart saucepan over low heat, stirring constantly; remove from heat. Stir in butter until melted; stir in whipping cream. Refrigerate 10 to 15 minutes, stirring frequently, just until thick enough to hold a shape.
- Drop mixture by teaspoonfuls onto cookie sheet. Shape into balls. (If mixture is too sticky, refrigerate until firm enough to shape.) Freeze 30 minutes.
- Heat shortening and chocolate chips over low heat, stirring constantly, until chocolate is melted and mixture is smooth; remove from heat. Dip truffles, one at a time, into chocolate.
- Place on aluminum foil-covered cookie sheet. Immediately sprinkle some of the truffles with finely chopped nuts or decorating candies.
- Refrigerate truffles about 10 minutes or until coating is set.
- Drizzle some of the truffles with mixture of 1/4 cup powdered sugar and 1/2 teaspoon milk. Refrigerate just until set.
- Serve at room temperature. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.5730434856985%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 223.26kcal (11.16%), Fat: 16.46g (25.33%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 18.78g (6.83%), Sugar: 16.08g (17.87%), Cholesterol: 6.73mg (2.24%), Sodium: 31.63mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.07mg (3.02%), Protein: 2.31g (4.62%), Manganese: 0.47mg (23.63%), Copper: 0.37mg (18.35%), Iron: 2.16mg (12.01%), Magnesium: 37.41mg (9.35%), Fiber: 2.29g (9.15%), Zinc: 1.1mg (7.34%), Phosphorus: 48.09mg (4.81%), Calcium: 40.14mg (4.01%), Potassium: 131.07mg (3.74%), Vitamin A:

158.68IU (3.17%), Vitamin K: 1.68µg (1.6%), Selenium: 1.04µg (1.48%), Vitamin E: 0.19mg (1.28%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.15%)