



Chocolate truffles

 Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g chocolate plain
- ☐ 75 ml condensed milk
- ☐ 100 g madeira cake crumbs
- ☐ 50 g ground almond
- ☐ 100 g icing sugar
- ☐ 16 servings cocoa and icing sugar

Equipment

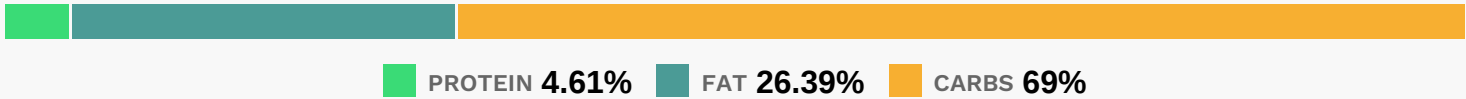
- ☐ bowl

☐ frying pan

Directions

- ☐ Melt the chocolate in a bowl over a pan of simmering water. Once melted, add the remaining ingredients.
- ☐ Roll into walnut-size balls with your hands and pop into the fridge on a plate to chill and set. Once set, roll in cocoa or icing sugar. Will keep in the fridge for 1 week.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.4695652114308%

Nutrients (% of daily need)

Calories: 142.36kcal (7.12%), Fat: 4.38g (6.74%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 25.06g (9.11%), Sugar: 22.86g (25.39%), Cholesterol: 8.44mg (2.81%), Sodium: 47.92mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.13mg (1.38%), Protein: 1.72g (3.45%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 33.09mg (3.31%), Calcium: 29.8mg (2.98%), Fiber: 0.71g (2.83%), Iron: 0.48mg (2.67%), Selenium: 1.73µg (2.47%), Magnesium: 9.33mg (2.33%), Manganese: 0.04mg (2.25%), Copper: 0.04mg (2.08%), Vitamin B1: 0.02mg (1.46%), Potassium: 47.09mg (1.35%), Zinc: 0.18mg (1.23%)