



Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces bittersweet chocolate
- ☐ 2 tablespoons dutch-processed cocoa powder
- ☐ 2 tablespoons confectioner's sugar
- ☐ 3 tablespoons pistachios unsalted finely chopped
- ☐ 0.7 cup nondairy whipping cream

Equipment

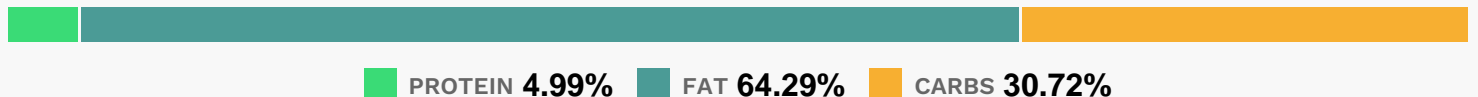
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ melon baller

Directions

- ☐ Finely chop the chocolate by hand or in a food processor fitted with a metal blade, and place in a medium bowl.
- ☐ Pour the cream into a small heavy saucepan. Bring to a rolling boil over medium heat.
- ☐ Pour the cream over the chocolate. With a wooden spoon, gently stir to melt the chocolate. Don't whisk or stir too strongly or you will incorporate air. Cover. Chill until firm, about 2 hours.
- ☐ Line a baking sheet with parchment or waxed paper. With a small melon baller or ice-cream scoop, drop mixture by rounded teaspoonfuls onto prepared sheet. Freeze until firm, about 20 minutes.
- ☐ Place the cocoa, confectioner's sugar, and chopped nuts into 3 separate shallow bowls.
- ☐ Roll 1/3 of the balls into the cocoa mixture, 1/3 into the confectioner's sugar, and 1/3 into the chopped nuts. Quickly roll between your palms to form them into a perfect round shape. You may need to re-roll in the nuts or sugar if too much falls off. Return to parchment-lined baking sheet or other parchment-lined container, in a single layer. Cover with plastic and chill until ready to serve. Can be made 10 days ahead; keep refrigerated.
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Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:2.3952173707278%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 95.94kcal (4.8%), Fat: 6.98g (10.74%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.32g (2.3%), Sugar: 5.24g (5.82%), Cholesterol: 6.66mg (2.22%), Sodium: 2.73mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.52mg (3.51%), Protein: 1.22g (2.44%), Manganese: 0.18mg (9.08%), Copper: 0.17mg (8.69%), Magnesium: 23.6mg (5.9%), Fiber: 1.18g (4.73%), Iron: 0.83mg (4.6%), Phosphorus: 41.93mg (4.19%), Potassium: 89.34mg (2.55%), Zinc: 0.37mg (2.47%), Selenium: 1.31µg (1.87%), Vitamin A: 87.25IU (1.74%), Calcium: 12.54mg (1.25%), Vitamin B2: 0.02mg (1.17%), Vitamin K: 1.19µg (1.13%), Vitamin B6: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.01%)