



HEALTH SCORE

67%

Chocolate Truffles Topiary



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



5578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 round steak with dowel and base, 5 inches in diameter
- ☐ 6 inches beef base
- ☐ 36 chocolate with firm centers, 1 1/4 inches in diameter
- ☐ 2 cups raspberries fresh
- ☐ 1 long beans white
- ☐ 1 serving frangelico
- ☐ 1 serving frangelico

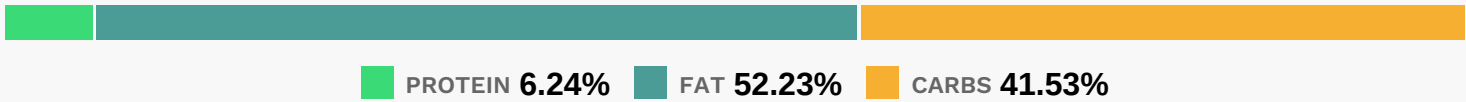
Equipment

- ☐ pot
- ☐ plastic wrap
- ☐ toothpicks

Directions

- ☐ Press topiary base securely in flowerpot (glue if necessary). Fill pot 2/3 full with rocks.
- ☐ Insert toothpicks into topiary ball; push truffles onto toothpicks.
- ☐ Line top of pot with plastic wrap; cover with raspberries. Tie ribbon into bow on dowel.

Nutrition Facts



Properties

Glycemic Index:68.6, Glycemic Load:239.11, Inflammation Score:-10, Nutrition Score:69.589565173439%

Flavonoids

Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 5578.14kcal (278.91%), Fat: 357.71g (550.33%), Saturated Fat: 206.46g (1290.35%), Carbohydrates: 639.93g (213.31%), Net Carbohydrates: 568.89g (206.87%), Sugar: 531.74g (590.82%), Cholesterol: 142.99mg (47.66%), Sodium: 3950.14mg (171.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 665.28mg (221.76%), Protein: 96.14g (192.27%), Manganese: 6.68mg (334%), Magnesium: 1256.4mg (314.1%), Copper: 6.23mg (311.53%), Fiber: 71.04g (284.16%), Phosphorus: 2087.96mg (208.8%), Iron: 34.61mg (192.29%), Zinc: 25.86mg (172.39%), Vitamin B2: 2.92mg (171.56%), Selenium: 97.56µg (139.37%), Vitamin B3: 24.29mg (121.46%), Potassium: 4144.94mg (118.43%), Vitamin B6: 2.1mg (105.07%), Vitamin K: 84.94µg (80.89%), Vitamin C: 63.07mg (76.45%), Vitamin B12: 4.42µg (73.73%), Vitamin E: 5.39mg (35.91%), Calcium: 356.76mg (35.68%), Vitamin B1: 0.52mg (34.98%), Vitamin

B5: 3.08mg (30.77%), Folate: 115.52µg (28.88%), Vitamin A: 88IU (1.76%), Vitamin D: 0.23µg (1.51%)