



HEALTH SCORE

71%

Chocolate Truffles Topiary



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



5709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

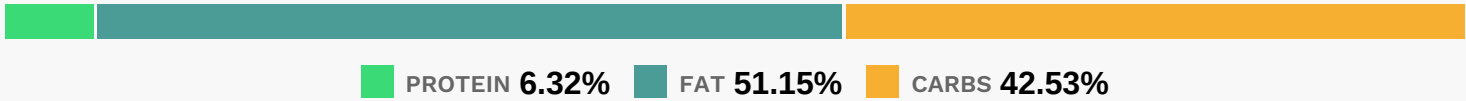
Equipment

- ☐ 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:152.35, Glycemic Load:260.86, Inflammation Score:-10, Nutrition Score:71.733043582543%

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: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 5708.57kcal (285.43%), Fat: 357.86g (550.56%), Saturated Fat: 206.5g (1290.62%), Carbohydrates: 669.54g (223.18%), Net Carbohydrates: 594.76g (216.28%), Sugar: 533.06g (592.29%), Cholesterol: 142.99mg (47.66%), Sodium: 3960.3mg (172.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 665.28mg (221.76%), Protein: 99.54g (199.08%), Manganese: 6.94mg (346.9%), Magnesium: 1295.06mg (323.77%), Copper: 6.41mg

(320.69%), Fiber: 74.78g (299.12%), Phosphorus: 2184.27mg (218.43%), Iron: 35.93mg (199.63%), Zinc: 26.35mg (175.66%), Vitamin B2: 2.97mg (174.69%), Selenium: 98.06µg (140.08%), Potassium: 4858.24mg (138.81%), Vitamin B3: 26.08mg (130.4%), Vitamin B6: 2.6mg (130.13%), Vitamin C: 96.37mg (116.81%), Vitamin K: 88.17µg (83.97%), Vitamin B12: 4.42µg (73.73%), Vitamin B1: 0.66mg (43.97%), Calcium: 376.66mg (37.67%), Vitamin E: 5.4mg (36.03%), Vitamin B5: 3.58mg (35.8%), Folate: 142.1µg (35.52%), Vitamin A: 82.75IU (1.66%), Vitamin D: 0.23µg (1.51%)