



## Classic Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup dutch-process cocoa unsweetened for coating
- ☐ 0.3 cup heavy cream
- ☐ 8 ounces bittersweet chocolate finely chopped

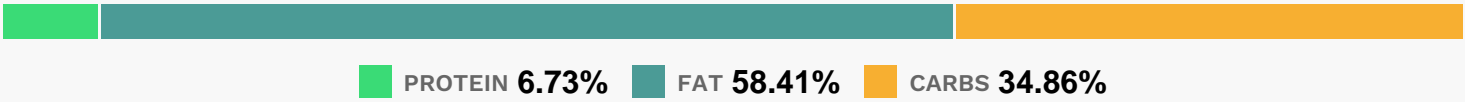
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon

# Directions

- ☐ Melt chocolate in cream in a medium, heavy-bottomed saucepan over medium-low heat, stirring constantly with a wooden spoon until smooth.
- ☐ Pour chocolate into a bowl and let cool at room temperature until thick enough to scoop with a spoon, 1 to 2 hours. (To speed process, refrigerate for 30 minutes, but do not let it get hard.)
- ☐ Put cocoa in a bowl. Using a regular teaspoon, scoop about 1 Tbsp. cooled chocolate and roll between palms to form a 1-inch ball.
- ☐ Place ball in cocoa and roll until thoroughly coated. Repeat with remaining chocolate mixture.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.6973913077913%

## Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 88.95kcal (4.45%), Fat: 6.37g (9.79%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.05g (2.2%), Sugar: 4.35g (4.84%), Cholesterol: 5.16mg (1.72%), Sodium: 3.11mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.64mg (6.55%), Protein: 1.65g (3.3%), Manganese: 0.32mg (15.76%), Copper: 0.3mg (15.25%), Magnesium: 41.69mg (10.42%), Fiber: 2.5g (9.99%), Iron: 1.32mg (7.32%), Phosphorus: 63.35mg (6.33%), Zinc: 0.6mg (4.02%), Potassium: 133.43mg (3.81%), Selenium: 1.69µg (2.41%), Calcium: 15.15mg (1.52%), Vitamin B2: 0.02mg (1.38%), Vitamin A: 63.98IU (1.28%)