

Cocoa-Date Truffles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cocoa powder raw
- ☐ 0.5 cup hazelnuts crushed lightly toasted
- ☐ 1 teaspoon espresso powder instant
- ☐ 1.5 cups medjool dates pitted
- ☐ 1 teaspoon orange zest finely grated
- ☐ 0.5 cup pistachios crushed lightly toasted
- ☐ 3 tablespoons quick-cooking oats shredded unsweetened ()
- ☐ 1 pinch sea salt

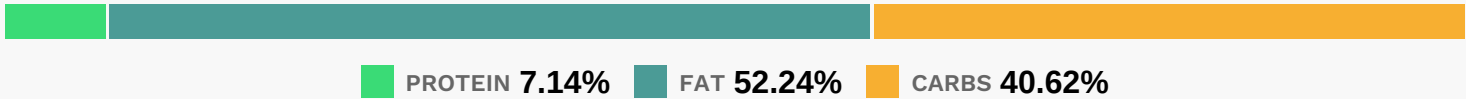
- ☐ 0.3 cup sesame seed lightly toasted
- ☐ 0.5 cup coconut or shredded unsweetened

Equipment

Directions

- ☐ Purée cacao powder, dates, 3 tablespoonscoconut, and salt in a food processoruntil almost smooth, adding water byteaspoonfuls if too dry and crumbly andcoconut by teaspoonfuls if too wet andsticky.
- ☐ Add desired flavoring and pulseto combine.
- ☐ Scoop date purée by the tablespoonfuland roll into 1" balls. DO AHEAD: Can bemade 1 week ahead. Cover and chill.
- ☐ Roll truffles in desired coatings to cover.
- ☐ Per serving: 130 calories, 4 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:4.2995652297269%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 102.16kcal (5.11%), Fat: 6.5g (10%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 8.95g (3.25%), Sugar: 7.97g (8.85%), Cholesterol: 0mg (0%), Sodium: 3.74mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.3mg (1.1%), Protein: 2g (3.99%), Manganese: 0.43mg (21.26%), Copper: 0.26mg (13.2%), Fiber: 2.42g (9.67%), Magnesium: 28.18mg (7.04%), Vitamin B6: 0.12mg (6.14%), Phosphorus:

55.18mg (5.52%), Potassium: 169.54mg (4.84%), Iron: 0.86mg (4.75%), Vitamin B1: 0.07mg (4.61%), Vitamin E: 0.54mg (3.61%), Calcium: 34.08mg (3.41%), Zinc: 0.46mg (3.04%), Selenium: 1.69µg (2.41%), Folate: 9.01µg (2.25%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.16mg (1.63%), Vitamin B2: 0.02mg (1.47%)