

Cocoa Hemp Truffles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cocoa powder (cocoa)
- ☐ 3 tablespoons hemp seeds shelled (Hemp Hearts)
- ☐ 1 cup pecans
- ☐ 1 cup raisins
- ☐ 0.3 cup coconut flakes shredded unsweetened (or coconut)

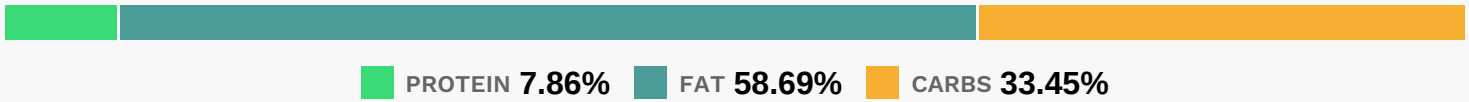
Equipment

- ☐ food processor

Directions

☐ Place all ingredients in your food processor and mix until all of the ingredients are finely processed, well-combined, and start to stick together.Scoop out teaspoonfuls of the mix, and roll between the palms of your hands to make 1-inch balls.You can optionally roll them in additional coconut flakes / shreds.Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:2.5234782773515%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 80.65kcal (4.03%), Fat: 5.72g (8.8%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 5.77g (2.1%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 2.76mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Manganese: 0.31mg (15.67%), Fiber: 1.57g (6.26%), Copper: 0.12mg (6.1%), Phosphorus: 53.11mg (5.31%), Iron: 0.78mg (4.34%), Vitamin B1: 0.05mg (3.38%), Magnesium: 13.3mg (3.33%), Potassium: 99.92mg (2.85%), Zinc: 0.32mg (2.13%), Vitamin B2: 0.03mg (1.62%), Vitamin B6: 0.03mg (1.48%), Vitamin B3: 0.22mg (1.1%)