



Coconut-Date Truffle Bites

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



28

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 1 tablespoon coconut oil
- ☐ 30 dates whole pitted
- ☐ 0.7 cup roasted salted
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 0.5 cup coconut or unsweetened flaked

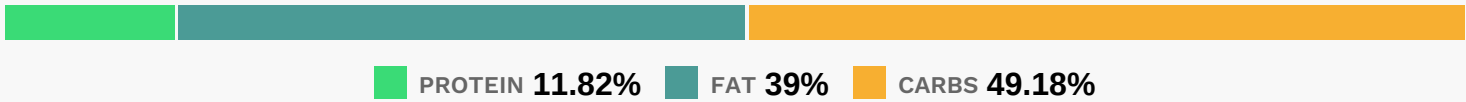
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Place almonds in a food processor; process until finely ground.
- ☐ Add dates; process until finely ground.
- ☐ Add coconut and next 3 ingredients (through salt); pulse until combined.
- ☐ Scoop about 2 teaspoons cocoa mixture with a spoon, and roll into a ball. Repeat the procedure with remaining cocoa mixture.
- ☐ Place the truffles on a platter lined with parchment paper; refrigerate 1 hour.
- ☐ Place chocolate in a medium microwave-safe bowl; microwave at HIGH 1 minute and 20 seconds or until melted, stirring every 20 seconds.
- ☐ Add truffles, stirring gently to coat. Return truffles to platter until the chocolate sets.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:1.7408695643687%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 55.31kcal (2.77%), Fat: 2.56g (3.93%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.11g (2.22%), Sugar: 5.62g (6.24%), Cholesterol: 3.67mg (1.22%), Sodium: 14.13mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Manganese: 0.1mg (5.11%), Fiber: 1.14g (4.57%), Copper: 0.07mg (3.48%), Selenium: 2.29µg (3.27%), Vitamin B6: 0.06mg (3.03%), Magnesium: 11.4mg (2.85%), Phosphorus: 28.34mg (2.83%), Potassium: 95.42mg (2.73%), Vitamin B3: 0.45mg (2.26%), Vitamin B1: 0.03mg (2.05%), Iron: 0.34mg (1.86%), Zinc: 0.23mg (1.55%), Vitamin B2: 0.02mg (1.11%), Vitamin B5: 0.11mg (1.05%)