



## Coconut Truffles

 Gluten Free

READY IN



100 min.

SERVINGS



32

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 18 oz semi chocolate chips
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 2 teaspoons coconut extract
- ☐ 1 cup coconut shredded sweetened

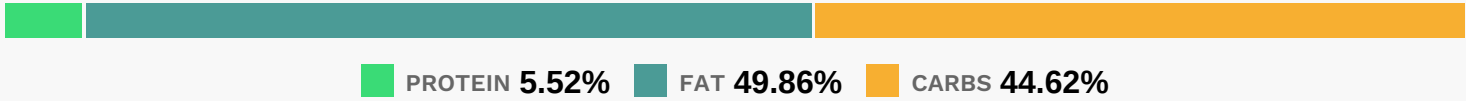
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

# Directions

- ☐ In 2-quart saucepan, heat chocolate chips and condensed milk over low heat just until condensed milk starts to bubble at edges, about 7 minutes.
- ☐ Remove from heat, and stir until mixture is smooth. Stir in coconut extract.
- ☐ Pour into bowl. Cover and refrigerate about 1 hour or until set.
- ☐ Place coconut in small bowl. Shape 1 tablespoon chilled truffle mixture into a ball. Immediately roll in coconut to coat, then transfer to a plate or cookie sheet. Continue with remaining mixture, washing hands if chocolate starts to stick to hands.
- ☐ If desired, place in paper candy cups. Cover and refrigerate; serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:1.91, Glycemic Load:4.12, Inflammation Score:-1, Nutrition Score:3.61913044449154%

## Nutrients (% of daily need)

Calories: 147.12kcal (7.36%), Fat: 8.19g (12.59%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 15.08g (5.49%), Sugar: 13.85g (15.39%), Cholesterol: 5.17mg (1.72%), Sodium: 24.74mg (1.08%), Alcohol: 0.11g (100%), Alcohol %: 0.43% (100%), Caffeine: 13.71mg (4.57%), Protein: 2.04g (4.08%), Manganese: 0.28mg (14.12%), Copper: 0.21mg (10.49%), Magnesium: 32.73mg (8.18%), Phosphorus: 75.87mg (7.59%), Iron: 1.09mg (6.03%), Fiber: 1.4g (5.61%), Selenium: 3.64µg (5.21%), Calcium: 45.57mg (4.56%), Potassium: 146.37mg (4.18%), Zinc: 0.59mg (3.94%), Vitamin B2: 0.06mg (3.55%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.23µg (1.17%), Vitamin B1: 0.02mg (1.14%)