



Cook the Book: White Chocolate Truffles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lemon zest finely grated
- ☐ 0.8 cup pistachios unsalted
- ☐ 8 ounces chocolate white finely chopped

Equipment

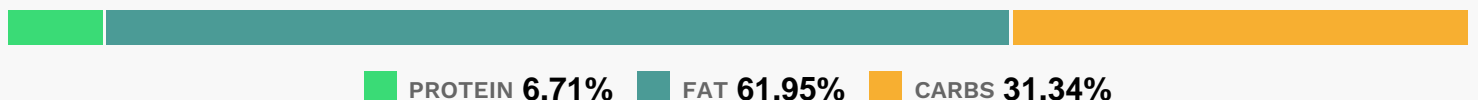
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ melon baller

Directions

- ☐ Preheat the oven to 350°F.
- ☐ In a food processor, finely chop the pistachios.
- ☐ Spread them onto a baking sheet and toast until they are fragrant, 5 minutes.
- ☐ Remove them from the oven and cool the sheet on a rack. When cool, grind the pistachios to a fine flour in the food processor.
- ☐ Transfer them to a shallow bowl.
- ☐ Pour about 2 inches of water into a medium saucepan and bring it to a simmer.
- ☐ Put the white chocolate, lemon zest, and salt into a heatproof bowl and place it over the simmering water. Stir until the white chocolate has melted.
- ☐ Remove the bowl from the heat and gently whisk in the heavy cream until completely smooth.
- ☐ Let the ganache cool to room temperature, about 2 hours. Then cover the surface with a piece of plastic wrap and refrigerate it until it has set, about 1 hour.
- ☐ Using a melon baller or a 1/2-inch teaspoon measure, and a cup of warm water to clean the scoop as needed between balls, scoop the ganache into 28 one-inch balls.
- ☐ Roll each ball between your hands until it is round, and then roll it in the toasted ground pistachios to coat.
- ☐ Truffles can be kept in an air tight container at room temperature for up to 3 days, or in the refrigerator for up to 2 weeks. Store them with extra toasted pistachios sprinkled over the top which keeps the truffles coated and prevents them from rubbing against one another.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:1.3160869660585%

Nutrients (% of daily need)

Calories: 72.24kcal (3.61%), Fat: 5.13g (7.9%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.46g (1.99%), Sugar: 5.13g (5.7%), Cholesterol: 4.9mg (1.63%), Sodium: 29.03mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Phosphorus: 31.38mg (3.14%), Copper: 0.05mg (2.39%), Calcium: 21.81mg (2.18%), Vitamin B6: 0.04mg (2.14%), Vitamin B2: 0.04mg (2.12%), Manganese: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.91%), Potassium: 59.48mg (1.7%), Fiber: 0.38g (1.51%), Magnesium: 4.79mg (1.2%), Vitamin K: 1.26µg (1.2%), Vitamin E: 0.18mg (1.17%), Selenium: 0.78µg (1.12%), Vitamin A: 52.72IU (1.05%)