



Cookie Dough Truffles

READY IN



45 min.

SERVINGS



54

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup egg substitute thawed
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup pecans chopped
- ☐ 1 cup semisweet chocolate morsels miniature
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1.5 tablespoons shortening
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

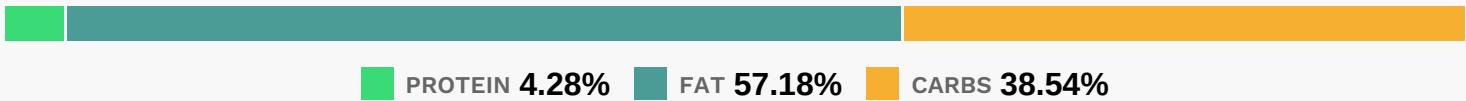
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy; gradually add sugars, beating well.
- ☐ Add egg substitute and vanilla; beat well.
- ☐ Add flour to butter mixture; beat well. Stir in miniature chocolate morsels and chopped pecans. Cover and chill 30 minutes.
- ☐ Shape mixture into 1" balls. Cover and freeze balls until very firm.
- ☐ Place (12-ounce) package morsels and shortening in a 1-quart glass bowl; melt in microwave according to package directions. Using two forks, quickly dip frozen truffles into melted chocolate, coating completely.
- ☐ Place on wax paper to harden. Store truffles in refrigerator 2 to 3 days.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:2.4269565547128%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 107.04kcal (5.35%), Fat: 6.87g (10.57%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 9.43g (3.43%), Sugar: 6.54g (7.26%), Cholesterol: 5.1mg (1.7%), Sodium: 17.35mg (0.75%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.28mg (2.76%), Protein: 1.16g (2.32%), Manganese: 0.22mg (10.85%), Copper: 0.14mg (7.19%), Magnesium: 19.82mg (4.96%), Iron: 0.82mg (4.55%), Fiber: 0.99g (3.98%), Phosphorus: 33.76mg (3.38%), Selenium: 2.36µg (3.37%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.36mg (2.38%), Potassium: 69.63mg (1.99%), Vitamin B2: 0.03mg (1.54%), Folate: 5.89µg (1.47%), Vitamin B3: 0.27mg (1.37%), Vitamin A: 60.69IU (1.21%), Vitamin E: 0.17mg (1.12%), Calcium: 10.49mg (1.05%), Vitamin K: 1.09µg (1.04%)