



Cookie Dough Truffles with Sea Salt

 Vegetarian

READY IN



165 min.

SERVINGS



50

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 50 servings cocoa powder
- ☐ 2 large eggs
- ☐ 50 servings fleur del sel for decoration
- ☐ 2.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 50 servings milk chocolate morsels melted

- ☐ 50 servings nuts chopped
- ☐ 50 servings powdered sugar
- ☐ 1 pinch sea salt fine
- ☐ 3 cups semi chocolate chips
- ☐ 24 ounce semisweet chocolate morsels melted for dipping
- ☐ 50 servings sprinkles
- ☐ 50 servings sugar
- ☐ 2 sticks butter unsalted softened plus more for pan
- ☐ 2 teaspoons vanilla extract pure
- ☐ 50 servings chocolate morsels white melted

Equipment

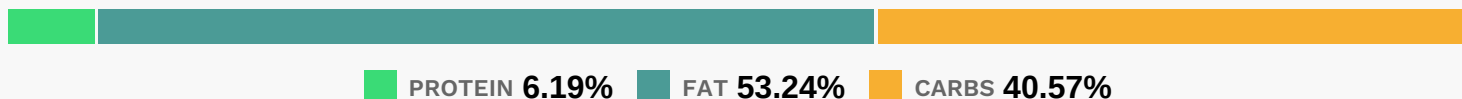
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ toothpicks
- ☐ stand mixer
- ☐ spatula
- ☐ skewers

Directions

- ☐ Line 2 baking sheets with parchment paper. Scoop out 1 heaping teaspoon of Chocloate Chip Blondie mixture and roll it into a ball.

- ☐ Place onto the parchment paper and repeat with the remaining batter. Cover with plasticwrap and place into the freezer for at least 2 hours and up to 1 week. (Keep the truffles in the freezer only until needed prior to dipping in the chocolate, otherwise they will melt into the chocolate when they are dipped.)
- ☐ Remove 1 baking sheet of truffles from the freezer and skewer your toothpick into the truffle ball and dip into the melted chocolate. Use a spatula to paint the chocolate onto the toothpick and place the truffle back onto the parchment-lined baking sheet.
- ☐ Remove the toothpick and cover up the hole.
- ☐ Sprinkle the truffle with some fleur de sel. Finish dipping all the truffles and garnish with desired toppings.
- ☐ Place them into the refrigerator for at least 30 minutes to let the chocolate to set up. They will keep for 1 week in refrigerator.
- ☐ Cook's Note: You can omit dipping in chocolate and just dust in cocoa powder, powdered sugar and turbinado sugar. Have fun with the variations!
- ☐ Preheat your oven to 375 degrees F. Grease a 9 by 13-inch jelly roll pan with softened butter or cooking spray.
- ☐ Beat your butter in the bowl of a stand mixer until it is light and fluffy, about 2 minutes.
- ☐ Add the brown and granulated sugars a little bit at a time, pouring them in on the side of the bowl. While you're adding your sugars, stop the mixer occasionally and scrape the sides and bottom of the bowl to make sure that everything is fully mixed. Cream the butter and sugar mixture until it is light and fluffy, about 8 minutes. (Creaming creates air pockets in the dough, and therefore these blondies have a light and delicate texture.)
- ☐ Whisk your flour, baking soda and sea salt in a bowl.
- ☐ Add your eggs 1 at a time, adding the second only after the first is fully incorporated. Once the second egg is fully incorporated, add your vanilla. Turn your mixer down to low speed and slowly add the flour/baking soda/sea salt mixture. Once the dry ingredients are fully incorporated into the wet ingredients, add in all those chocolate chips. Your machine will seem to be struggling to mix in the chocolate chips because there are so many of them, but don't turn it up, leave it on low and allow it to fully mix the chips in.
- ☐ Spread your cookie dough into the prepared jelly roll.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:6.48, Inflammation Score:-5, Nutrition Score:11.3599999937856%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 490.98kcal (24.55%), Fat: 29.97g (46.11%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 51.39g (17.13%), Net Carbohydrates: 46.21g (16.8%), Sugar: 34.37g (38.18%), Cholesterol: 18.83mg (6.28%), Sodium: 233.99mg (10.17%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Caffeine: 23.29mg (7.76%), Protein: 7.84g (15.67%), Manganese: 0.99mg (49.4%), Copper: 0.74mg (37.02%), Magnesium: 117.62mg (29.41%), Phosphorus: 214.6mg (21.46%), Fiber: 5.18g (20.73%), Iron: 3.14mg (17.46%), Zinc: 1.94mg (12.91%), Potassium: 355.11mg (10.15%), Vitamin B3: 2mg (9.99%), Vitamin B1: 0.12mg (7.74%), Selenium: 4.99µg (7.13%), Vitamin B2: 0.12mg (6.98%), Folate: 27.18µg (6.8%), Vitamin B6: 0.11mg (5.34%), Vitamin B5: 0.51mg (5.1%), Calcium: 47.21mg (4.72%), Vitamin A: 140.76IU (2.82%), Vitamin K: 2.21µg (2.11%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.08µg (1.25%)