



Dark Chocolate-Hazelnut Truffles

 Gluten Free

READY IN



160 min.

SERVINGS



36

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate chopped
- 4 oz baker's chocolate chopped
- 0.3 cup whipping cream
- 5 tablespoons butter cold cut into pieces
- 2 tablespoons frangelico
- 1 cup hazelnuts (filberts)

Equipment

- food processor

- frying pan
- sauce pan
- oven
- plastic wrap

Directions

- In 1-quart heavy saucepan, heat both chocolates and whipping cream over low heat, stirring constantly, until chocolate is melted and smooth.
- Remove from heat. Stir in butter, a few pieces at a time. Stir in liqueur.
- Place plastic wrap over surface of chocolate. Refrigerate about 2 hours, stirring once, until firm enough to hold its shape.
- Meanwhile, heat oven to 350°F.
- Place hazelnuts in ungreased shallow pan.
- Bake 6 to 10 minutes, stirring occasionally, until light brown. Rub with towel to remove skins. Cool 10 minutes.
- Place nuts in food processor. Cover; process with on-and-off pulses 20 to 30 seconds or until finely ground.
- Place on sheet of waxed paper.
- Scoop rounded teaspoonfuls of chocolate mixture onto nuts.
- Roll lightly to coat and shape into 1-inch balls (truffles do not need to be smooth; they should be a little rough).
- Place on plate; cover loosely. Store loosely covered in refrigerator.
- Let stand at room temperature 15 minutes before serving.

Nutrition Facts

  
 PROTEIN 6.64%  FAT 81.37%  CARBS 11.99%

Properties

Glycemic Index:1.81, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.5543478588047%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 72.06kcal (3.6%), Fat: 7.5g (11.53%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.25g (0.28%), Cholesterol: 6.05mg (2.02%), Sodium: 14.46mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.04mg (1.68%), Protein: 1.38g (2.75%), Manganese: 0.47mg (23.42%), Copper: 0.26mg (13.06%), Iron: 1.25mg (6.97%), Magnesium: 26.19mg (6.55%), Fiber: 1.37g (5.48%), Zinc: 0.69mg (4.63%), Vitamin E: 0.59mg (3.9%), Phosphorus: 36.29mg (3.63%), Potassium: 76.99mg (2.2%), Vitamin B1: 0.03mg (2.07%), Vitamin A: 73.55IU (1.47%), Folate: 5.66µg (1.41%), Vitamin K: 1.27µg (1.21%), Calcium: 11.72mg (1.17%), Vitamin B6: 0.02mg (1.06%)