



WHATSheATE



HEALTH SCORE

53%

Derby Truffles

READY IN



275 min.

SERVINGS



1

CALORIES



4138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz bittersweet chocolate baking bars chopped
- ☐ 0.3 cup bourbon
- ☐ 1.5 tablespoons butter cold cubed
- ☐ 9 tablespoons heavy cream
- ☐ 2 cups roasted salted finely chopped
- ☐ 5.3 oz butter shortbread cookies pure crushed
- ☐ 2 teaspoons vanilla extract

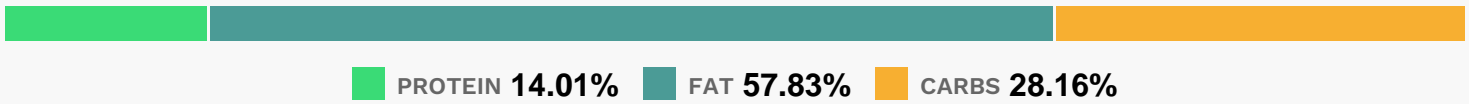
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a large glass bowl. Cook cream and bourbon in a small saucepan over medium heat 3 to 4 minutes or until mixture is hot but not boiling. (
- ☐ Mixture will steam, and bubbles will form around edge of pan.)
- ☐ Pour cream mixture over chocolate.
- ☐ Let stand 1 minute.
- ☐ Stir chocolate mixture until melted and smooth. (If mixture doesn't melt completely, microwave at HIGH 30 seconds.) Stir in crushed cookies. Cover and chill 3 hours or until firm. (
- ☐ Mixture can be prepared and chilled up to 2 days ahead.)
- ☐ Shape mixture into 1-inch balls (about 2 tsp. per ball).
- ☐ Roll in chopped pecans.
- ☐ Place on wax paper-lined baking sheets. Chill 1 hour. Store in an airtight container in refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:60.11, Inflammation Score:-10, Nutrition Score:72.059130482052%

Nutrients (% of daily need)

Calories: 4137.83kcal (206.89%), Fat: 254.68g (391.81%), Saturated Fat: 134.87g (842.93%), Carbohydrates: 279.05g (93.02%), Net Carbohydrates: 249.88g (90.87%), Sugar: 162.31g (180.34%), Cholesterol: 516.21mg (172.07%), Sodium: 969.07mg (42.13%), Alcohol: 22.79g (100%), Alcohol %: 2.43% (100%), Caffeine: 292.57mg

(97.52%), Protein: 138.85g (277.7%), Manganese: 5.21mg (260.72%), Selenium: 173.22µg (247.46%), Copper: 4.69mg (234.43%), Phosphorus: 2134.54mg (213.45%), Vitamin B6: 3.85mg (192.27%), Magnesium: 753.63mg (188.41%), Vitamin B1: 2.77mg (184.53%), Vitamin B3: 35.1mg (175.5%), Iron: 28.71mg (159.48%), Zinc: 18.64mg (124.3%), Fiber: 29.17g (116.68%), Potassium: 3977.13mg (113.63%), Vitamin B2: 1.79mg (105.55%), Vitamin A: 2808.6IU (56.17%), Vitamin B12: 3.28µg (54.62%), Vitamin B5: 5.37mg (53.7%), Vitamin E: 8.02mg (53.45%), Vitamin K: 46.81µg (44.58%), Calcium: 349.13mg (34.91%), Folate: 127.73µg (31.93%), Vitamin D: 4.05µg (27.02%)