



Double-Chocolate Truffle Dessert

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



20

CALORIES



224 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.5 cup butter
- 0.5 cup plus light
- 12 oz baker's semi-sweet chocolate
- 10 oz strawberries frozen thawed
- 16 small strawberries fresh
- 1 tsp vanilla
- 8 oz cool whip whipped topping divided thawed

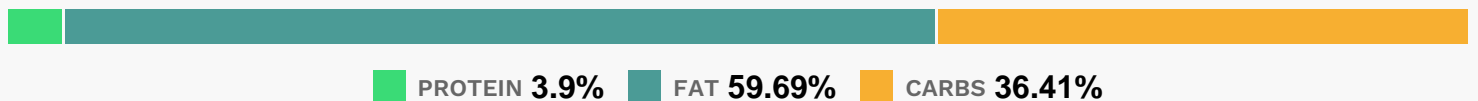
Equipment

- bowl
- frying pan
- plastic wrap
- loaf pan
- microwave

Directions

- Line 8x4-inch loaf pan with plastic wrap. Microwave first 4 ingredients in medium microwaveable bowl on HIGH 2-1/2 min. or until chocolates and butter are completely melted and mixture is well blended, stirring after 1-1/2 min. Cool completely. Stir in vanilla. Refrigerate 30 min. or until thickened.
- Spoon 1/2 cup COOL WHIP into small bowl. Refrigerate for later use. Gradually add remaining COOL WHIP to chocolate mixture, stirring constantly until well blended. Spoon into prepared pan.
- Refrigerate 3 hours. Unmold dessert onto plate; remove plastic wrap. Top dessert with reserved COOL WHIP.
- Cut dessert into slices; top with strawberry pure and whole strawberries.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:1.69, Inflammation Score:-4, Nutrition Score:6.2360869231431%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.91mg, Pelargonidin: 4.91mg, Pelargonidin: 4.91mg, Pelargonidin: 4.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.26mg, Catechin: 4.26mg, Catechin: 4.26mg, Catechin: 4.26mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 8.12mg, Epicatechin: 8.12mg, Epicatechin: 8.12mg, Epicatechin: 8.12mg Epicatechin 3-gallate:

0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg
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Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin:
0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg,
Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 224.16kcal (11.21%), Fat: 15.61g (24.02%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 21.43g (7.14%), Net
Carbohydrates: 18.73g (6.81%), Sugar: 16.51g (18.35%), Cholesterol: 1.25mg (0.42%), Sodium: 70.24mg (3.05%),
Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.16mg (6.39%), Protein: 2.3g (4.59%), Manganese:
0.54mg (26.92%), Copper: 0.41mg (20.32%), Vitamin C: 11.64mg (14.11%), Magnesium: 52.12mg (13.03%), Iron:
2.15mg (11.97%), Fiber: 2.7g (10.79%), Phosphorus: 81.36mg (8.14%), Zinc: 1.07mg (7.16%), Potassium: 187.99mg
(5.37%), Vitamin A: 222.26IU (4.45%), Selenium: 2.3µg (3.28%), Calcium: 30.32mg (3.03%), Vitamin E: 0.41mg
(2.75%), Vitamin K: 2.57µg (2.45%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.03mg (1.76%), Folate: 6.73µg (1.68%),
Vitamin B3: 0.31mg (1.55%)