



Double Chocolate Truffle Triangles

 **Gluten Free**

READY IN



200 min.

SERVINGS



20

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds coarsely chopped
- 4 oz baker's chocolate white (6 oz.)
- 8 oz baker's semi-sweet chocolate divided
- 2 Tbsp whipping cream

Equipment

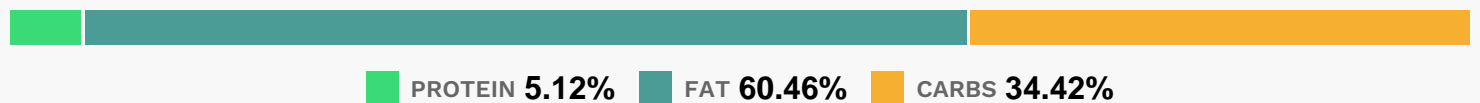
- bowl
- frying pan
- wax paper

microwave

Directions

- Place whipping cream and white chocolate in microwavable bowl. Microwave on MEDIUM (50%) for 2 minutes; stir until chocolate is completely melted. Set aside.
- Microwave 7 of the squares of semi-sweet chocolate in microwavable bowl for 3 minutes; stir until completely melted. Line bottom of 8-inch square pan with wax paper.
- Spread the melted semi-sweet chocolate into a thin layer on wax paper. Freeze 5 minutes.
- Spread white chocolate mixture evenly over semi-sweet chocolate layer.
- Sprinkle with almonds. Melt remaining square of semi-sweet chocolate as directed on package; drizzle over chocolate layers in pan.
- Refrigerate 3 hours or until firm.
- Let stand at room temperature for 15 minutes before cutting into 9 squares; cut each square diagonally in half to form 2 triangles. Store in airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:2.6391304350742%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 111.67kcal (5.58%), Fat: 7.6g (11.69%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 8.59g (3.12%), Sugar: 7.63g (8.48%), Cholesterol: 3.57mg (1.19%), Sodium: 6.66mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.45g (2.9%), Manganese: 0.19mg (9.58%), Copper: 0.16mg (8.17%), Magnesium: 25.57mg (6.39%), Phosphorus: 48.93mg (4.89%), Fiber: 1.14g (4.57%), Iron:

0.8mg (4.43%), Vitamin E: 0.59mg (3.95%), Potassium: 95.04mg (2.72%), Zinc: 0.4mg (2.68%), Vitamin B2: 0.04mg (2.63%), Calcium: 24.11mg (2.41%), Selenium: 1.33µg (1.89%), Vitamin K: 1.38µg (1.31%), Vitamin B3: 0.2mg (1.01%)