



Dulce de Leche and Nut-Butter Truffles



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



30

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces 0%-cacao bittersweet chocolate finely chopped
- ☐ 2 tablespoons dulce de leche at room temperature
- ☐ 2 tablespoons peanut butter
- ☐ 0.3 cup cocoa powder unsweetened (preferably Dutch-process)

Equipment

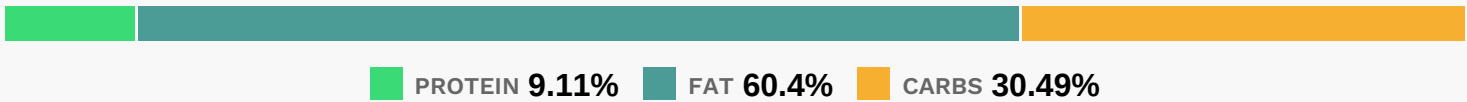
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ sieve
- ☐ baking pan

Directions

- ☐ Melt chocolate in a heatproof bowl set over a saucepan of barely simmering water, stirring occasionally until smooth.
- ☐ Remove bowl from heat and stir in dulce de leche and nut butter. Cool slightly, then roll level teaspoons of mixture into balls and place on a tray. Chill completely, about 30 minutes.
- ☐ Sift cocoa powder into a medium baking pan or onto a tray. Melt chocolate in a shallow heatproof bowl set over a saucepan of barely simmering water, stirring occasionally until smooth.
- ☐ Remove pan from heat, leaving bowl over water. Dip truffles, 1 at a time, in chocolate, lifting out with a fork and letting excess drip off, then immediately transfer to cocoa, turning to coat.
- ☐ Let stand until coating is set, then shake off excess cocoa in a sieve. (Remaining cocoa can be sifted and returned to container.)
- ☐ Truffles are best the day they are made but can be frozen up to 2 weeks (do not keep at room temperature). Thaw at room temperature 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.90173911918765%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 19.13kcal (0.96%), Fat: 1.41g (2.18%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.75g (0.84%), Cholesterol: 0.11mg (0.04%), Sodium: 0.41mg (0.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.27mg (1.09%), Protein: 0.48g (0.96%), Manganese: 0.08mg (3.76%), Copper: 0.06mg (3.04%), Magnesium: 9.88mg (2.47%), Fiber: 0.53g (2.1%), Vitamin E: 0.27mg (1.8%), Phosphorus: 15.59mg (1.56%), Iron: 0.26mg (1.42%)