



Easy Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces bittersweet chocolate coarsely chopped
- ☐ 48 servings your choice of flavoring see below
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 tablespoons butter unsalted
- ☐ 4 ounces chocolate unsweetened

Equipment

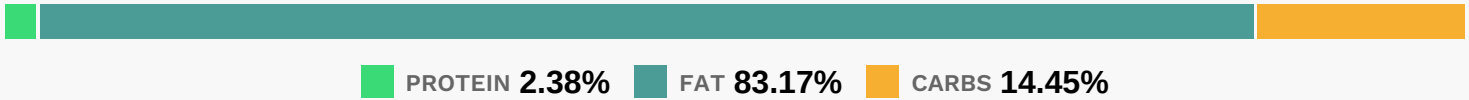
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ whisk

Directions

- ☐ Heat chocolates, butter and milk in a pan until chocolates and butter are partially melted.
- ☐ Remove from heat and stir until completely melted.
- ☐ Whisk in desired flavoring until creamy-smooth.
- ☐ Transfer to a bowl and let stand until firm enough to hold its shape, about 2 hours.
- ☐ Using a tablespoon (a spring-action 1 Tb. scoop is ideal), mold chocolate into balls, 1 level Tb. at a time, and place on a cookie sheet lined with greased parchment paper.
- ☐ Place desired coating in a small bowl. Working one at a time, drop truffles into the bowl with greased fingertips. Shake bowl back and forth so truffles are completely coated. If necessary, roll truffles by hand to make round. Return to parchment. (Can be refrigerated in an airtight container up to 5 days or frozen up to 1 month.) Before serving, let stand at room temperature to soften slightly.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:2.5278260850388%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 203.15kcal (10.16%), Fat: 19.66g (30.24%), Saturated Fat: 14.87g (92.92%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 6.91g (2.51%), Sugar: 6.26g (6.95%), Cholesterol: 8.11mg (2.7%), Sodium: 11.8mg (0.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.95mg (1.98%), Protein: 1.27g (2.54%), Manganese: 0.16mg (8.08%), Copper: 0.14mg (6.85%), Magnesium: 18.24mg (4.56%), Phosphorus: 43.21mg (4.32%), Vitamin E: 0.64mg (4.25%), Vitamin K: 4.24µg (4.04%), Iron: 0.73mg (4.03%), Fiber: 0.77g (3.08%), Calcium: 29.36mg (2.94%), Zinc: 0.43mg (2.88%), Selenium: 1.84µg (2.62%), Vitamin B2: 0.04mg (2.35%), Potassium: 77.64mg (2.22%), Vitamin A:

82.75IU (1.65%)