



Easy Chocolate Truffles

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 3 cups powdered sugar
- 12 oz baker's semi-sweet chocolate melted
- 1.5 tsp vanilla
- 30 servings suggested coatings: ground planters walnuts unsweetened

Equipment

- bowl
- blender

Directions

- Beat cream cheese in large bowl with mixer on medium speed until smooth. Gradually add sugar, mixing until well blended.
- Add melted chocolate and vanilla; mix well. Refrigerate 1 hour or until chilled.
- Shape into 1-inch balls.
- Roll in walnuts, cocoa, powdered sugar or coconut. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.57, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:8.8756522756556%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 335.6kcal (16.78%), Fat: 26.5g (40.78%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 19.56g (7.11%), Sugar: 16.99g (18.88%), Cholesterol: 8.32mg (2.77%), Sodium: 25.73mg (1.12%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Caffeine: 9.75mg (3.25%), Protein: 5.72g (11.44%), Manganese: 1.18mg (58.81%), Copper: 0.62mg (31.04%), Magnesium: 68.06mg (17.02%), Phosphorus: 141.39mg (14.14%), Fiber: 2.92g (11.67%), Iron: 1.61mg (8.92%), Vitamin B6: 0.17mg (8.46%), Zinc: 1.27mg (8.44%), Folate: 30.08µg (7.52%), Vitamin B1: 0.11mg (7.18%), Potassium: 207.13mg (5.92%), Selenium: 3.14µg (4.49%), Calcium: 43.91mg (4.39%), Vitamin B2: 0.07mg (4.14%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.34mg (2.28%), Vitamin A: 113.2IU (2.26%), Vitamin B3: 0.44mg (2.19%), Vitamin K: 1.79µg (1.7%)