



Easy Cream Cheese Truffles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



78

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

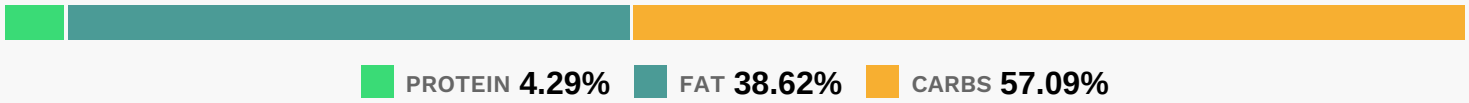
- ☐ 0.3 cup almonds toasted finely chopped
- ☐ 5 oz sqs. baking chocolate unsweetened cooled melted
- ☐ 0.3 cup baking cocoa
- ☐ 8 oz cream cheese softened
- ☐ 4.3 cups powdered sugar divided
- ☐ 0.3 cup coconut or sweetened flaked toasted

Equipment

Directions

- ☐ Beat cream cheese until fluffy. Slowly add 4 cups powdered sugar. Beat until smooth.
- ☐ Add melted chocolate and beat until blended. Chill for approximately one hour.
- ☐ Shape chilled mixture into one-inch balls.
- ☐ Roll some in 1 /4 cup powdered sugar, some in cocoa powder, some in nuts, and some in coconut. Store in an airtight container in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:0.47, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.067391310697%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 49.24kcal (2.46%), Fat: 2.29g (3.53%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 7.14g (2.6%), Sugar: 6.65g (7.38%), Cholesterol: 2.94mg (0.98%), Sodium: 10.54mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Manganese: 0.1mg (5%), Copper: 0.08mg (3.79%), Magnesium: 8.96mg (2.24%), Iron: 0.38mg (2.13%), Fiber: 0.49g (1.95%), Zinc: 0.23mg (1.5%), Phosphorus: 14.88mg (1.49%)