



Eggnog Truffles



Vegetarian



Gluten Free

READY IN



325 min.

SERVINGS



12

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pound baking chocolate white divided
- ☐ 0.3 cup confectioners' sugar
- ☐ 4 ounces cream cheese softened
- ☐ 0.3 teaspoon ground nutmeg mccormick®
- ☐ 12 servings additional ground nutmeg for sprinkling mccormick®
- ☐ 0.3 teaspoon imitation rum extract mccormick®

Equipment

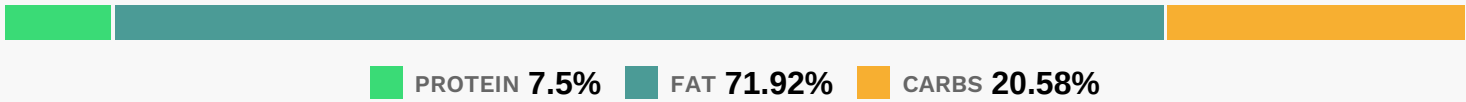
- ☐ bowl

- ☐ blender
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Melt 8 ounces of the chocolate as directed on package. Beat cream cheese, confectioners sugar, nutmeg and extract in large bowl with electric mixer on medium speed mixer until well blended and smooth.
- ☐ Add melted chocolate; beat until well mixed. Cover. Refrigerate at least 4 hours or until firm.
- ☐ Shape into 24 (about 3/4-inch) balls.
- ☐ Place on wax paper-lined tray. Refrigerate until ready to dip.
- ☐ Coat only 12 truffles at a time. Melt 4 ounces of the remaining chocolate in small microwaveable bowl on MEDIUM (50% power) 1 1/2 minutes, stirring after 1 minute. Using a fork, dip 1 truffle at a time into the melted chocolate. Tap back of fork 2 or 3 times against edge of dish to allow excess chocolate to drip off.
- ☐ Place truffles on wax paper-lined tray. (If there are any bald spots on truffle, cover with melted chocolate that remains on the fork.)
- ☐ Sprinkle truffles with nutmeg. Repeat with remaining 4 ounces chocolate and remaining truffles.
- ☐ Refrigerate 1 hour or until chocolate is set. Store truffles between layers of wax paper in airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:14.163043311433%

Flavonoids

Catechin: 24.32mg, Catechin: 24.32mg, Catechin: 24.32mg, Catechin: 24.32mg Epicatechin: 53.61mg, Epicatechin: 53.61mg, Epicatechin: 53.61mg, Epicatechin: 53.61mg

Nutrients (% of daily need)

Calories: 242.89kcal (12.14%), Fat: 23.76g (36.56%), Saturated Fat: 14.67g (91.67%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 8.6g (3.13%), Sugar: 3.73g (4.14%), Cholesterol: 9.54mg (3.18%), Sodium: 39.12mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.24mg (10.08%), Protein: 5.58g (11.15%), Manganese: 1.64mg (81.77%), Copper: 1.24mg (62.24%), Iron: 6.65mg (36.95%), Magnesium: 128.19mg (32.05%), Fiber: 6.7g (26.8%), Zinc: 3.73mg (24.88%), Phosphorus: 165.66mg (16.57%), Potassium: 333.4mg (9.53%), Selenium: 3.92µg (5.6%), Calcium: 51.13mg (5.11%), Vitamin B1: 0.06mg (4.32%), Vitamin K: 3.87µg (3.68%), Vitamin B2: 0.06mg (3.6%), Folate: 12.99µg (3.25%), Vitamin B3: 0.55mg (2.74%), Vitamin A: 128.99IU (2.58%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.12mg (1.17%)