



Eggnog Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 6 ounces vanilla-flavored candy coating
- ☐ 1 ounce premium chocolate white with baker's)
- ☐ 2 tablespoons rum dark
- ☐ 0.3 cup eggnog refrigerated
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 0.5 cup powdered sugar sifted

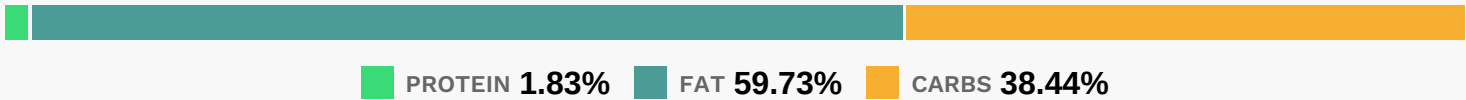
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Melt white chocolate in a glass bowl according to package directions.
- ☐ Add powdered sugar, butter, and eggnog; stir gently until mixture is smooth.
- ☐ Add rum and nutmeg, stirring just until blended. Cover and freeze at least 2 hours.
- ☐ Let truffle mixture stand at room temperature 1 to 2 minutes to soften, if necessary. Using 2 small spoons, shape mixture into 1" balls. Quickly roll in pecans.
- ☐ Place on a wax paper-lined jellyroll pan; cover and freeze until firm.
- ☐ Melt candy coating according to package directions.
- ☐ Remove truffles from freezer; reshape into balls, if necessary. Using two forks, quickly dip each truffle into melted coating.
- ☐ Place on wax paper to harden. Store truffles in freezer up to one week.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.80608696717283%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 94.53kcal (4.73%), Fat: 6.08g (9.35%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.57g (3.12%), Sugar: 8.51g (9.46%), Cholesterol: 6.89mg (2.3%), Sodium: 19.82mg (0.86%), Alcohol: 0.42g (100%), Alcohol %: 2.74% (100%), Protein: 0.42g (0.84%), Manganese: 0.1mg (5.17%), Copper: 0.03mg (1.45%), Vitamin A: 66.19IU (1.32%), Phosphorus: 11.91mg (1.19%), Vitamin B1: 0.02mg (1.13%)