



Espresso Truffle Cups

 Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 inch peanut butter cups mini (not paper baking cups)
- ☐ 1.3 cups peppermint candies white
- ☐ 1.5 teaspoons vegetable oil
- ☐ 2 tablespoons whipping cream
- ☐ 1 teaspoon espresso powder instant
- ☐ 0.3 cup chocolate chips dark
- ☐ 16 espresso grounds
- ☐ 1 serving cocoa powder unsweetened

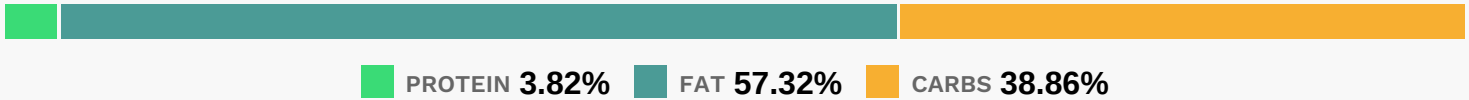
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Place candy cups in mini muffin pans. In medium microwavable bowl, microwave baking chips and oil uncovered on High 1 minute; stir. Microwave in 30-second intervals, stirring after each, until melted and smooth.
- ☐ Spoon 1 teaspoon melted mixture in each candy cup. (There will be mixture left over; set aside for later use.) With back of small spoon, spread mixture in bottoms and most of the way up sides of cups. (If mixture is too liquid, cool for a few minutes so it will coat the cups.)
- ☐ Let stand until completely set.
- ☐ Meanwhile, in small microwavable bowl, mix cream and espresso powder. Microwave uncovered on High 20 seconds or until cream is very hot; stir to combine. Stir in chocolate chips until melted. If necessary, microwave 15 seconds longer until mixture can be stirred smooth. Refrigerate 10 minutes to cool slightly.
- ☐ When candy cups are set and espresso mixture is cooled, microwave remaining white mixture 30 seconds or just until melted but not warm. Spoon espresso mixture into small resealable food-storage plastic bag; cut 1/4 inch from one bottom corner of bag. Pipe about 1 teaspoon mixture into each candy cup. Spoon enough melted white mixture over to cover. Top each with chocolate-covered coffee bean.
- ☐ Sprinkle with cocoa.
- ☐ Let stand until set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.65434782628132%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 131.99kcal (6.6%), Fat: 8.73g (13.42%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 13.13g (4.78%), Sugar: 11.91g (13.23%), Cholesterol: 2.17mg (0.72%), Sodium: 16.72mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.24mg (1.41%), Protein: 1.31g (2.62%), Calcium: 40.64mg (4.06%), Vitamin K: 1.13µg (1.08%)