



## Grand Marnier Pistachio Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon plus light
- 0.3 cup grand marnier
- 0.5 cup cup heavy whipping cream
- 1 teaspoon orange zest finely grated
- 6 ounces pistachios shelled toasted chopped ( if desired)
- 2.3 cups bittersweet chocolate chopped
- 2 tablespoons butter unsalted

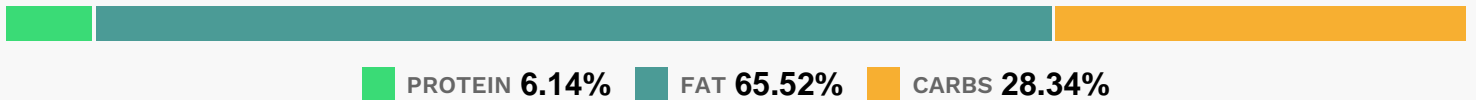
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Combine cream, butter, and corn syrup in a saucepan over medium-high heat; bring to a boil. Cook 1 minute or until sugar dissolves.
- Remove from heat.
- Add 1 2/3 cups chocolate and liquor (do not stir); let stand 1 minute. Gently swirl pan until smooth.
- Pour into a bowl; chill, stirring every 15 minutes, until thick enough to hold shape (about 45 minutes). Using 2 spoons, shape the mixture into 1-inch balls (about 2 teaspoons each) and place on wax paperlined plates. Refrigerate until chilled (15 minutes).
- Meanwhile, in a bowl set over a medium saucepan of simmering water, gently melt remaining 2/3 cup chocolate.
- Pour melted chocolate into one bowl and chopped pistachios and orange zest in another bowl. Dip each chilled truffle into chocolate first, then into pistachio-orange mixture, rolling to coat. Refrigerate until firm (about 8 minutes) or until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:1.32, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.8565217463867%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 147.77kcal (7.39%), Fat: 10.7g (16.46%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.61g (3.13%), Sugar: 6.9g (7.66%), Cholesterol: 7.83mg (2.61%), Sodium: 3.17mg (0.14%), Alcohol: 0.55g (100%), Alcohol %: 2.44% (100%), Caffeine: 13.09mg (4.36%), Protein: 2.26g (4.51%), Manganese: 0.27mg (13.33%), Copper: 0.26mg (13.13%), Magnesium: 33.42mg (8.35%), Fiber: 1.8g (7.2%), Phosphorus: 70.53mg (7.05%), Iron: 1.17mg (6.48%), Vitamin B6: 0.11mg (5.49%), Potassium: 150.02mg (4.29%), Vitamin B1: 0.06mg (3.92%), Zinc: 0.53mg (3.56%), Selenium: 1.8µg (2.57%), Vitamin A: 120.27IU (2.41%), Vitamin E: 0.29mg (1.92%), Calcium: 18.65mg (1.86%), Vitamin B2: 0.03mg (1.5%), Vitamin K: 1.26µg (1.2%), Vitamin B3: 0.21mg (1.04%)