



Hazelnut-Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bittersweet chocolate finely chopped
- 3 ounce chocolate bar dark chopped
- 2 tablespoons frangelico
- 0.8 cup hazelnuts
- 1 tablespoon butter unsalted
- 0.8 cup whipping cream

Equipment


- food processor


- baking sheet
- sauce pan
- oven
- whisk
- kitchen towels

Directions

- Bring cream to a boil in a medium saucepan over medium-high heat; whisk in bittersweet chocolate, butter, and hazelnut liqueur until well combined. Chill at least 2 hours.
- Place hazelnuts on a baking sheet.
- Bake at 350 for 10 minutes or until hazelnuts are toasted.
- Place warm hazelnuts in a dish towel, and rub vigorously to remove skins.
- Process toasted hazelnuts in a food processor until ground.
- Place in a shallow dish.
- Shape chocolate mixture into 1-inch balls. Melt chopped dark chocolate bar in a small saucepan over low heat.
- Roll each ball in 1 teaspoon of melted dark chocolate, and immediately roll in toasted, ground hazelnuts.
- Cover and chill truffles until ready to serve.
- Note: For testing purposes only, we used Ghirardelli Dark Chocolate for dark chocolate bar.
- *1/2 cup semisweet morsels may be substituted for dark chocolate bar.

Nutrition Facts

 **PROTEIN 5.05%**  **FAT 73.79%**  **CARBS 21.16%**

Properties

Glycemic Index:1.9, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.2134783125442%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
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: 139.72kcal (6.99%), Fat: 11.69g (17.99%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 7.54g (2.51%), Net
Carbohydrates: 5.94g (2.16%), Sugar: 4.69g (5.21%), Cholesterol: 12.24mg (4.08%), Sodium: 4.21mg (0.18%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Caffeine: 10.93mg (3.64%), Protein: 1.8g (3.6%), Manganese: 0.48mg (23.84%),
Copper: 0.26mg (13.14%), Magnesium: 33.07mg (8.27%), Iron: 1.28mg (7.11%), Fiber: 1.6g (6.4%), Vitamin E: 0.85mg
(5.67%), Phosphorus: 54.24mg (5.42%), Potassium: 119.26mg (3.41%), Zinc: 0.5mg (3.37%), Vitamin A: 155.62IU
(3.11%), Vitamin B1: 0.04mg (2.33%), Selenium: 1.41µg (2.01%), Calcium: 19.72mg (1.97%), Vitamin K: 1.91µg (1.82%),
Vitamin B2: 0.03mg (1.75%), Vitamin B6: 0.03mg (1.65%), Folate: 5.46µg (1.37%), Vitamin B5: 0.11mg (1.09%),
Vitamin B3: 0.21mg (1.03%), Vitamin D: 0.15µg (1.02%)