



## Hazelnut Truffles

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup cocoa powder
- 2 tablespoons cup heavy whipping cream
- 0.3 lb chocolate dark (compound or couverture)
- 0.5 tablespoon grand marnier
- 20 hazelnuts whole with the skin
- 1 tablespoon milk

### Equipment

- food processor

- bowl
- sauce pan
- baking paper
- oven
- wooden spoon
- kitchen towels
- spatula

## Directions

- Preheat oven to 220 C/450 F.
- Place hazelnuts on an oven tray and roast until the skin cracks and the hazelnuts colour a little but not too much.
- Place hazelnuts in a tea towel or kitchen paper and rub them against one another to remove most of the skin.
- Place hazelnuts in a food processor and blend to a powder. Bring cream and milk to the boil in a saucepan and on a low heat, stir in chocolate until it has all melted. Stir in hazelnut powder and Grand Marnier.
- Transfer preparation to a bowl and refrigerate for about 30–40 minutes, during which time you need to stir it two or three times with a wooden spoon. It will stiffen like thick icing. Stir chocolate mixture again before spooning it into the piping bag. Pipe small mounds of chocolate, about the size of a twenty cent piece or shape the mixture with a teaspoon. It is easier to do this on baking paper. Refrigerate truffles for about 30 minutes.
- Place cocoa in a bowl. Using a spatula, lift each truffle and roll in the cocoa. To obtain a round shape, roll the coated truffles rapidly between the hands without pressing too hard. Then roll the truffles again in the cocoa and refrigerate until required.

## Nutrition Facts

 **PROTEIN 7.75%**  **FAT 63.16%**  **CARBS 29.09%**

## Properties

Glycemic Index:5.07, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:3.5717391304348%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Taste

Sweetness: 72.04%, Saltiness: 7.92%, Sourness: 21.21%, Bitterness: 100%, Savoriness: 10.76%, Fattiness: 89.32%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 72.41kcal (3.62%), Fat: 5.51g (8.47%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.21g (2.46%), Cholesterol: 2.61mg (0.87%), Sodium: 3.07mg (0.13%), Caffeine: 12.77mg (4.26%), Protein: 1.52g (3.04%), Manganese: 0.37mg (18.63%), Copper: 0.27mg (13.73%), Magnesium: 34.86mg (8.71%), Fiber: 2.07g (8.26%), Iron: 1.39mg (7.71%), Phosphorus: 51.94mg (5.19%), Zinc: 0.5mg (3.33%), Potassium: 113.87mg (3.25%), Vitamin E: 0.35mg (2.31%), Selenium: 1.05µg (1.5%), Calcium: 13.87mg (1.39%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.18%)