

Hazelnut Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup nutella
- 0.8 cup hazelnuts
- 0.3 cup cup heavy whipping cream
- 1.3 pounds chocolate finely chopped
- 0.1 teaspoon salt

Equipment

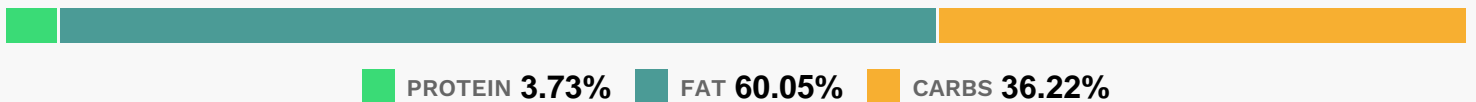
- bowl
- baking sheet

- sauce pan
- oven
- whisk
- kitchen towels

Directions

- Preheat oven to 375F.
- Spread nuts on a baking sheet; toast for 10 minutes. Wrap nuts in a kitchen towel and let cool for 5 minutes. Rub nuts in towel to remove skins. Finely chop nuts.
- Place 1/2 lb. chocolate in a saucepan and cook, stirring constantly, until melted.
- Remove from heat and whisk in cream, chocolate-hazelnut spread and salt. Stir in 1/2 cup chopped nuts.
- Let cool until thick enough to scoop with a spoon, stirring occasionally, 1 to 2 hours.
- Line a baking sheet with waxed paper. Scoop 1 Tbsp. cooled mixture and roll between palms to form a 1-inch ball.
- Place on sheet. Repeat with remaining chocolate mixture. Refrigerate.
- Place half of remaining chocolate in a saucepan and cook, stirring constantly until melted.
- Remove from heat and add remaining chocolate. Stir occasionally until smooth.
- Set a chocolate ball on a fork and dip into melted chocolate.
- Let excess chocolate drip into bowl. Return ball to baking sheet. Repeat.
- Sprinkle balls with remaining hazelnuts.
- Let stand at room temperature or refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:3.62, Glycemic Load:6.09, Inflammation Score:-2, Nutrition Score:3.7547826695701%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 171.41kcal (8.57%), Fat: 12.48g (19.2%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 15.11g (5.49%), Sugar: 14.11g (15.68%), Cholesterol: 3.74mg (1.25%), Sodium: 18.07mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.81mg (5.27%), Protein: 1.75g (3.49%), Manganese: 0.38mg (18.77%), Copper: 0.22mg (10.76%), Magnesium: 35.04mg (8.76%), Fiber: 1.83g (7.33%), Vitamin E: 0.81mg (5.4%), Iron: 0.97mg (5.38%), Phosphorus: 52.27mg (5.23%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.49mg (3.25%), Potassium: 109.87mg (3.14%), Vitamin B1: 0.03mg (2.14%), Vitamin K: 2.19µg (2.08%), Vitamin B6: 0.04mg (1.75%), Calcium: 15.51mg (1.55%), Selenium: 0.96µg (1.38%), Folate: 5.52µg (1.38%), Vitamin B3: 0.24mg (1.21%)