



How to Make Homemade Chocolate Truffles



Gluten Free



Popular

READY IN



165 min.

SERVINGS



30

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces bittersweet chocolate 62% chopped well (, cacao or higher)
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 teaspoon vanilla extract
- ☐ 1 leaves mint leaves chopped (1 bunch, stems removed, , 1 cup)
- ☐ 1 cinnamon and cardamon
- ☐ 1 tablespoons amaretto
- ☐ 1 teaspoon almond extract
- ☐ 30 servings cocoa powder

- ☐ 30 servings walnuts finely chopped
- ☐ 30 servings almonds finely chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ spatula

Directions

- ☐ Heat cream to a simmer: In a small, heavy saucepan bring the heavy whipping cream to a simmer (stir and scrape down the sides with a spatula every few minutes).
- ☐ If you are using one of the other recommended flavorings, stir it in with the cream (and ignore vanilla in the next step). If adding mint or other solids, after the cream simmers, remove from heat and let seep for an hour. Then strain away solids, and return the cream to a simmer and proceed with recipe.
- ☐ Place the chocolate in a separate bowl.
- ☐ Pour the cream over the chocolate, add the vanilla, and allow to stand for a few minutes then stir until smooth. (This chocolate base is called ganache.)
- ☐ Refrigerate for 2 hours: Allow to cool, then place in the refrigerator for two hours.
- ☐ Roll into balls and chill overnight: Use a teaspoon to roll out balls of the ganache.
- ☐ Roll in your hands quickly (as it will melt from the heat of your hands) and place on a baking sheet lined with parchment paper.
- ☐ Place in the refrigerator overnight.
- ☐ Roll in cocoa powder:
- ☐ Roll in cocoa powder or chopped nuts and serve, or place back in the refrigerator until needed.

Nutrition Facts



 PROTEIN **10.17%**  FAT **76.32%**  CARBS **13.51%**

Properties

Glycemic Index:1.17, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:17.966521796973%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 432.04kcal (21.6%), Fat: 39g (60%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 8.74g (3.18%), Sugar: 5.19g (5.77%), Cholesterol: 4.94mg (1.65%), Sodium: 3.01mg (0.13%), Alcohol: 0.22g (100%), Alcohol %: 0.38% (100%), Caffeine: 8.93mg (2.98%), Protein: 11.7g (23.39%), Manganese: 1.87mg (93.47%), Vitamin E: 7.97mg (53.17%), Copper: 0.92mg (45.97%), Magnesium: 147.09mg (36.77%), Phosphorus: 277.52mg (27.75%), Fiber: 6.8g (27.19%), Vitamin B2: 0.4mg (23.58%), Iron: 2.62mg (14.54%), Zinc: 2.14mg (14.29%), Calcium: 119.89mg (11.99%), Potassium: 415.09mg (11.86%), Vitamin B1: 0.17mg (11.19%), Folate: 43.09µg (10.77%), Vitamin B6: 0.21mg (10.38%), Vitamin B3: 1.51mg (7.57%), Selenium: 3.6µg (5.15%), Vitamin B5: 0.35mg (3.48%), Vitamin K: 1.54µg (1.47%), Vitamin A: 68.8IU (1.38%)