



Ice Cream Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 0.5 cup payday bars finely chopped
- ☐ 0.5 cup heath bars finely chopped
- ☐ 0.5 cup malt balls finely chopped
- ☐ 1 pint whipped cream
- ☐ 10 ounces chocolate white

Equipment

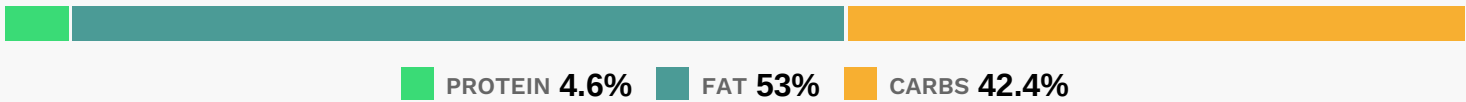
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ double boiler
- ☐ aluminum foil
- ☐ microwave
- ☐ melon baller

Directions

- ☐ Line 2 small baking sheets with parchment paper or foil. Freeze for 10 minutes.
- ☐ Remove 1 sheet. Using a melon baller, scoop the ice cream to form 1-inch balls and place on sheet. Return sheet to freezer. Repeat this process with second sheet. Freeze the balls for 30 minutes. Arrange the chopped malt balls,
- ☐ Heath bars, and PayDays on small plates. Working with 1 baking sheet at a time, roll the ice cream balls in the toppings, using your hands to gently press in the toppings. Freeze for 30 minutes. For the white chocolate truffles, melt the chocolate in a bowl in a microwave or in the top of a double boiler. Dip the chilled balls, one at a time, into the melted chocolate.
- ☐ Remove with a fork, letting the excess chocolate drip back into the bowl. Freeze for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:1.7626087017681%

Nutrients (% of daily need)

Calories: 122.12kcal (6.11%), Fat: 7.3g (11.22%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.59g (4.58%), Sugar: 12g (13.34%), Cholesterol: 9.92mg (3.31%), Sodium: 35.47mg (1.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Phosphorus: 42.18mg (4.22%), Calcium: 41.32mg (4.13%), Vitamin B2: 0.07mg (3.93%), Copper: 0.06mg (3.04%), Manganese: 0.06mg (2.94%), Magnesium: 9.99mg (2.5%), Potassium: 79.27mg (2.26%), Fiber: 0.54g (2.16%), Iron: 0.38mg (2.13%), Vitamin B12: 0.12µg (2.04%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.16mg (1.61%), Vitamin A: 70.37IU (1.41%), Selenium: 0.91µg (1.3%), Vitamin K: 1.12µg (1.07%), Vitamin E: 0.16mg (1.03%)