



Ice Cream Truffles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



321 kcal

Ingredients

- ☐ 2 cups almonds toasted sliced
- ☐ 0.5 pint ice-cream chocolate shell ()
- ☐ 0.5 pint whipped cream ()
- ☐ 1.5 cups pistachios shelled chopped
- ☐ 20 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 5 ounces coconut sweetened flaked lightly toasted
- ☐ 0.5 pint whipped cream ()
- ☐ 1.5 tablespoons vegetable oil

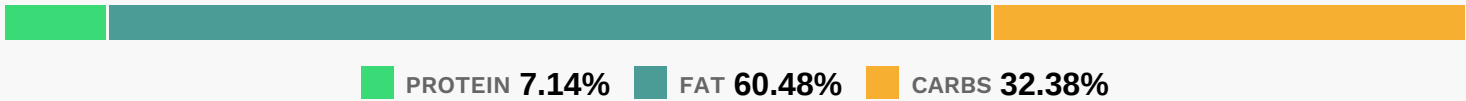
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ice cream scoop
- ☐ measuring spoon
- ☐ pie form

Directions

- ☐ Line large rimmed baking sheet with waxed paper. Using 1 1/2-inch round ice cream scoop or round 1 tablespoon measuring spoon and working quickly, scoop out 8 round balls each of vanilla, coffee, and chocolate ice cream, placing ice cream on prepared baking sheet. Freeze ice cream overnight.
- ☐ Combine chopped chocolate and vegetable oil in large metal bowl.
- ☐ Place bowl over saucepan of barely simmering water; stir until chocolate is melted and smooth.
- ☐ Remove bowl from over water. Cool chocolate until barely lukewarm.
- ☐ Place almonds, coconut, and pistachios in 3 separate medium bowls. Line 3 pie dishes or plates with waxed paper. Working with 1 vanilla ice cream ball at a time and working quickly, drop into lukewarm melted chocolate. Using fork, turn to coat and lift out chocolate-coated ball. Drop ball off fork into bowl with almonds, using hands to turn to coat.
- ☐ Place truffle in 1 prepared pie dish. Repeat with remaining vanilla ice cream balls, melted chocolate, and almonds; place in freezer. Repeat same procedure, dropping coffee ice cream balls into melted chocolate, then coconut, and dropping chocolate ice cream balls into melted chocolate, then pistachios. Freeze all ice cream truffles until firm, about 2 hours, then cover and keep frozen. (Can be made 3 days ahead. Keep frozen.)
- ☐ Place 1 almond-coated ice cream truffle, 1 coconut-coated truffle, and 1 pistachio-coated truffle on each of 8 plates and serve.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:4.39, Inflammation Score:-4, Nutrition Score:9.5652173135592%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 320.93kcal (16.05%), Fat: 22.12g (34.03%), Saturated Fat: 9.62g (60.13%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 22.17g (8.06%), Sugar: 18.45g (20.5%), Cholesterol: 13.44mg (4.48%), Sodium: 42.61mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.61mg (6.87%), Protein: 5.88g (11.76%), Manganese: 0.65mg (32.62%), Copper: 0.51mg (25.45%), Magnesium: 80.21mg (20.05%), Fiber: 4.48g (17.92%), Phosphorus: 173.12mg (17.31%), Vitamin E: 2.44mg (16.25%), Iron: 2.28mg (12.65%), Vitamin B2: 0.18mg (10.51%), Potassium: 354.05mg (10.12%), Zinc: 1.27mg (8.46%), Vitamin B6: 0.17mg (8.29%), Calcium: 79.97mg (8%), Vitamin B1: 0.1mg (6.88%), Selenium: 4.39µg (6.27%), Vitamin A: 167.8IU (3.36%), Vitamin B3: 0.66mg (3.31%), Vitamin B5: 0.32mg (3.24%), Vitamin K: 3.35µg (3.19%), Folate: 10.03µg (2.51%), Vitamin B12: 0.15µg (2.47%)