



Kahlua® Truffles

 **Gluten Free**

READY IN



330 min.

SERVINGS



36

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup coffee-flavored liqueur kahlua® (such as)
- ☐ 2 egg yolks
- ☐ 12 ounces semi-sweet chocolate
- ☐ 0.3 cup condensed milk sweetened eagle brand® (such as)
- ☐ 1 tablespoon cocoa powder unsweetened or as needed

Equipment

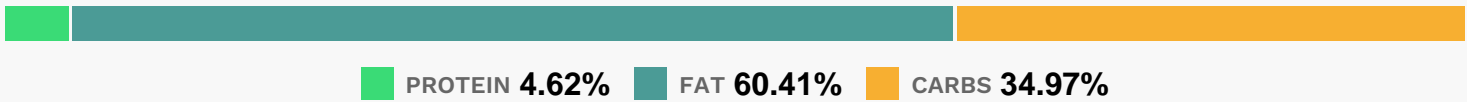
- ☐ bowl

- ☐ plastic wrap
- ☐ double boiler
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Melt chocolate in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- ☐ Remove from heat and cool to room temperature.
- ☐ Stir egg yolks, 1 at a time, into chocolate until evenly mixed.
- ☐ Pour sweetened condensed milk into chocolate mixture and stir until blended; add coffee-flavored liqueur and return double boiler to heat. Simmer until mixture is heated through, 2 to 3 minutes.
- ☐ Transfer chocolate mixture to the bowl of a stand mixer; beat in butter, 1 tablespoon at a time, until fluffy. Cover bowl with plastic wrap and chill, 4 hours to overnight.
- ☐ Roll mixture into 3/4-inch balls.
- ☐ Pour cocoa powder into a small bowl; roll balls in cocoa powder until coated. Arrange balls on a plate and refrigerate until set, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:1.9452173735784%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.91kcal (4.5%), Fat: 5.86g (9.02%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.83g (2.48%), Sugar: 6.04g (6.71%), Cholesterol: 16.85mg (5.62%), Sodium: 18.74mg (0.81%),

Alcohol: 0.47g (100%), Alcohol %: 3.39% (100%), Caffeine: 8.45mg (2.82%), Protein: 1.01g (2.02%), Manganese: 0.13mg (6.56%), Copper: 0.12mg (6.22%), Magnesium: 18.15mg (4.54%), Phosphorus: 37.16mg (3.72%), Iron: 0.65mg (3.61%), Fiber: 0.81g (3.23%), Selenium: 1.81µg (2.59%), Zinc: 0.31mg (2.08%), Potassium: 67.8mg (1.94%), Calcium: 15.88mg (1.59%), Vitamin A: 79.24IU (1.58%), Vitamin B2: 0.02mg (1.34%)