



Mango Curry Truffles

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings bittersweet chocolate
- ☐ 1 teaspoon curry powder
- ☐ 30 servings coconut shredded unsweetened toasted finely
- ☐ 0.5 cup pear puree (from 1 mango)

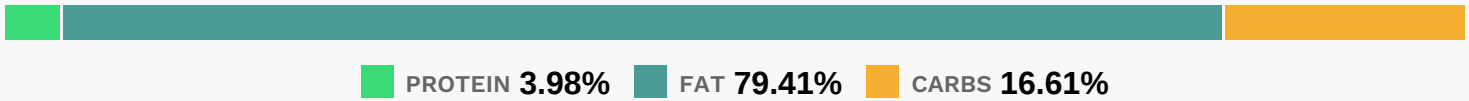
Equipment

- ☐ bowl

Directions

- ☐
- Follow recipe for bittersweet chocolate truffle base, stirring curry powder into hot cream (off heat); let stand 2 minutes. Stir in room–temperature mango puree (from 1 mango, pureed until smooth in processor).
- ☐
- Mix in melted chocolate; chill. Form truffles. Drop each freshly coated truffle (or just–formed, uncoated truffle) into bowl of mango powder or toasted coconut; turn to coat.

Nutrition Facts



Properties

Glycemic Index:1.89, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:3.0652174223214%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg

Nutrients (% of daily need)

Calories: 107.56kcal (5.38%), Fat: 10.09g (15.52%), Saturated Fat: 8.81g (55.05%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 2.13g (0.78%), Sugar: 2.05g (2.28%), Cholesterol: 0.06mg (0.02%), Sodium: 5.73mg (0.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Manganese: 0.43mg (21.53%), Fiber: 2.62g (10.46%), Copper: 0.14mg (6.86%), Selenium: 2.9µg (4.14%), Magnesium: 15.85mg (3.96%), Phosphorus: 34.33mg (3.43%), Iron: 0.59mg (3.27%), Potassium: 95.29mg (2.72%), Vitamin B6: 0.05mg (2.56%), Zinc: 0.33mg (2.23%), Vitamin C: 1.78mg (2.16%), Vitamin B5: 0.13mg (1.31%), Vitamin B2: 0.02mg (1.02%)