



Marshmallow Hot Chocolate Truffles

 Gluten Free

READY IN



315 min.

SERVINGS



6

CALORIES



460 kcal

BEVERAGE

DRINK

Ingredients

- 12 oz semi chocolate chips
- 0.7 cup whipping cream
- 1 Dash salt
- 1 teaspoon vanilla
- 1 serving marshmallows miniature
- 1 serving milk hot

Equipment

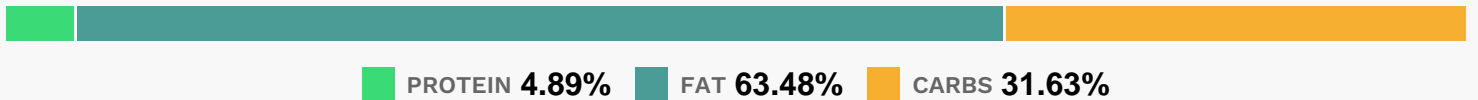
- bowl

- sauce pan
- baking paper
- knife
- whisk
- loaf pan

Directions

- Spray 9x5-inch loaf pan with cooking spray; line pan with cooking parchment paper allowing paper to overhang sides of pan.
- Place chocolate chips in medium heatproof bowl. In very small saucepan, heat cream until bubbles begin to form around edge of saucepan (do not heat to boiling).
- Pour hot cream over chocolate chips in bowl. Cover bowl; let stand about 5 minutes. Beat with whisk until smooth.
- Spread in loaf pan; dot with as many marshmallows as you like. Refrigerate at least 5 hours or overnight to set enough to cut.
- Cut truffle into rectangles using sharp knife.
- To make hot chocolate, in each mug mix about 3/4 cup hot milk with a few of the truffles—use as many as you want to make your perfect cup.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:3.18, Inflammation Score:-6, Nutrition Score:10.988695703123%

Nutrients (% of daily need)

Calories: 460.42kcal (23.02%), Fat: 32.58g (50.12%), Saturated Fat: 19.33g (120.83%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 31.98g (11.63%), Sugar: 26.51g (29.45%), Cholesterol: 38.16mg (12.72%), Sodium: 38.78mg (1.69%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Caffeine: 48.76mg (16.25%), Protein: 5.65g (11.29%), Manganese: 0.76mg (37.76%), Copper: 0.72mg (35.81%), Magnesium: 106.7mg (26.68%), Phosphorus: 204.27mg (20.43%), Iron: 3.62mg (20.12%), Fiber: 4.54g (18.16%), Potassium: 408.84mg (11.68%), Zinc: 1.74mg (11.57%), Calcium: 102.85mg (10.29%), Vitamin A: 482.96IU (9.66%), Selenium: 6.41µg (9.16%), Vitamin B2: 0.13mg (7.9%), Vitamin B12: 0.36µg (6.07%), Vitamin D: 0.87µg (5.8%), Vitamin K: 5.05µg (4.81%), Vitamin E: 0.6mg (3.99%),

Vitamin B5: 0.39mg (3.9%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.54mg (2.71%), Vitamin B6: 0.05mg (2.68%)