



Meyer Lemon and Thyme Truffles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings bittersweet chocolate
- ☐ 30 servings cacao nibs
- ☐ 1.5 teaspoons thyme sprigs fresh
- ☐ 1 teaspoon lemon zest yellow finely chopped (part only)
- ☐ 1.5 tablespoons meyer lemon juice fresh

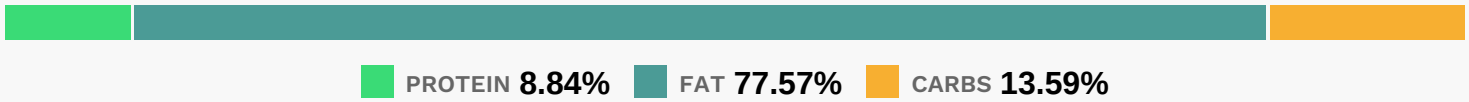
Equipment

- ☐ bowl

Directions

- ☐ Follow recipe for bittersweet chocolate truffle base, adding fresh thyme leaves to simmering cream.
- ☐ Remove from heat and let steep 20 minutes (do not strain). Stir in lemon juice and peel.
- ☐ Mix into melted chocolate. Chill truffle base and form truffles. Drop each freshly coated truffle (or just-formed, uncoated truffle) into bowl of cocoa nibs and turn to coat.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.2647826047209%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 167.93kcal (8.4%), Fat: 14.47g (22.26%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.67g (0.74%), Cholesterol: 0.06mg (0.02%), Sodium: 0.15mg (0.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Fiber: 3.86g (15.42%), Magnesium: 38.65mg (9.66%)