



Milk Chocolate-Espresso Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons espresso powder instant
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1 pound chocolate finely chopped
- ☐ 1 cup cocoa powder unsweetened ()
- ☐ 0.5 cup whipping cream

Equipment

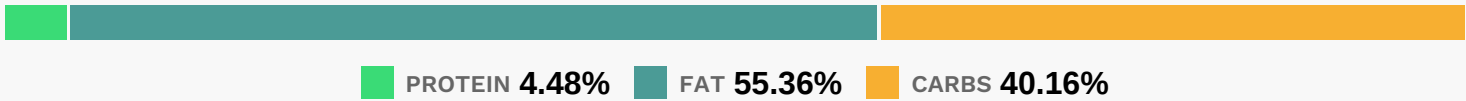
- ☐ baking sheet
- ☐ whisk

- ☐ double boiler
- ☐ aluminum foil

Directions

- ☐ Stir first 3 ingredients in top of double boiler set over simmering water until smooth.
- ☐ Remove from over water.
- ☐ Whisk in Kahlúa. Cool 15 minutes. Freeze until firm, about 2 hours.
- ☐ Line baking sheet with foil.
- ☐ Place cocoa powder on plate. Scoop chocolate mixture by very generously mounded teaspoonfuls onto prepared sheet, forming 1-inch mounds. Dust hands with cocoa powder; roll mounds between palms, forming smooth balls, then roll in cocoa powder to coat lightly. Return to sheet. Cover with foil; chill truffles until firm, at least 2 hours. (Can be made ahead. Chill in covered container up to 1 week or freeze up to 1 month.)
- ☐ Let stand at room temperature until slightly softened before serving.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:2.65, Inflammation Score:-1, Nutrition Score:1.9752173781719%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 75.26kcal (3.76%), Fat: 5.25g (8.08%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.15g (2.6%), Sugar: 6.31g (7.01%), Cholesterol: 3.36mg (1.12%), Sodium: 3.15mg (0.14%), Alcohol: 0.16g (100%), Alcohol %: 1.19% (100%), Caffeine: 14mg (4.67%), Protein: 0.95g (1.91%), Copper: 0.15mg (7.35%), Manganese: 0.14mg (6.97%), Magnesium: 23.91mg (5.98%), Fiber: 1.42g (5.68%), Iron: 0.62mg (3.43%), Phosphorus: 34.33mg (3.43%), Vitamin B2: 0.04mg (2.24%), Zinc: 0.32mg (2.16%), Potassium: 70.16mg (2%), Selenium: 0.72µg (1.03%)