



Mint Chocolate Truffles

 Gluten Free

READY IN



155 min.

SERVINGS



36

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces bittersweet chocolate
- 36 servings food coloring green
- 8 ounces meltable milk chocolate
- 3 drops mint extract
- 8 ounces bittersweet chocolate
- 36 servings decorator's sugar
- 14 ounce condensed milk sweetened canned

Equipment

double boiler

Directions

Watch how to make this recipe.

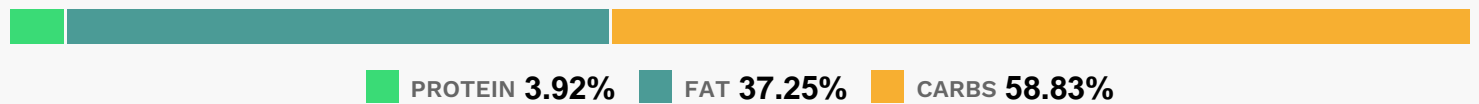
Heat the dark chocolates and condensed milk in a double boiler over medium–low heat until the chocolate is melted and the mixture is smooth. The mixture will have a slight marshmallow texture. Stir in the mint extract to your taste.

Remove from the heat, and then cover and refrigerate until completely cool, at least 2 hours.

Once chilled, roll in teaspoon–size balls, and then dip into the melted milk chocolate coating, using a fork to let the excess chocolate drip off.

Color the decorators sugar with a small amount of green food coloring and sprinkle on top of the truffles.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:13.51, Inflammation Score:-1, Nutrition Score:3.213478245165%

Nutrients (% of daily need)

Calories: 186.51kcal (9.33%), Fat: 7.98g (12.28%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 27.01g (9.82%), Sugar: 25.84g (28.71%), Cholesterol: 4.5mg (1.5%), Sodium: 16.39mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Caffeine: 14.99mg (5%), Protein: 1.89g (3.78%), Manganese: 0.2mg (9.96%), Copper: 0.2mg (9.8%), Magnesium: 32.16mg (8.04%), Phosphorus: 69.91mg (6.99%), Iron: 1mg (5.54%), Fiber: 1.35g (5.42%), Selenium: 2.94µg (4.2%), Vitamin B2: 0.07mg (4.08%), Calcium: 40.76mg (4.08%), Potassium: 130.86mg (3.74%), Zinc: 0.53mg (3.55%), Vitamin K: 1.37µg (1.3%), Vitamin B5: 0.13mg (1.25%), Vitamin B12: 0.07µg (1.19%), Vitamin B1: 0.02mg (1.01%)