



Mint chocolate truffles

 Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 ml double cream
- ☐ 200 g chocolate
- ☐ 0.3 tsp peppermint extract (we used Sainsbury's)

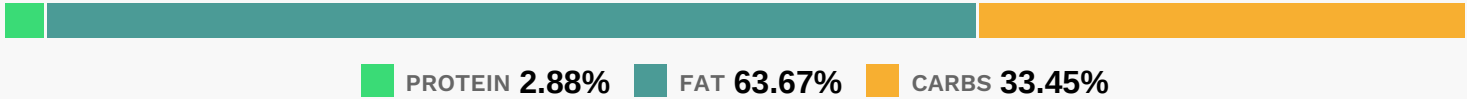
Equipment

- ☐ frying pan

Directions

- ☐ Bring the cream just to the boil in a pan. Turn off the heat and stir in the chocolate. Stir until melted, then add the peppermint. Cool, then chill until the mixture is solid, about 2–3 hrs.
- ☐ Scoop out teaspoons of the mixture and roll into small walnut-size balls with your hands, then roll in icing sugar. They will keep chilled for 3 days or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:1.0269565352279%

Nutrients (% of daily need)

Calories: 67.95kcal (3.4%), Fat: 5.24g (8.06%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.64g (2.05%), Sugar: 5.3g (5.89%), Cholesterol: 5.68mg (1.89%), Sodium: 2.96mg (0.13%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.6mg (2.2%), Protein: 0.53g (1.07%), Magnesium: 11.66mg (2.91%), Copper: 0.06mg (2.9%), Manganese: 0.05mg (2.48%), Fiber: 0.55g (2.2%), Vitamin B2: 0.03mg (1.97%), Phosphorus: 17.62mg (1.76%), Iron: 0.28mg (1.56%), Vitamin A: 73.94IU (1.48%), Zinc: 0.16mg (1.08%)