



Mint-Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces neufchâtel cheese softened
- 0.3 cup powdered sugar sifted
- 16 ounce powdered sugar sifted
- 0.3 cup semisweet mint-chocolate morsels
- 2 tablespoons semisweet mint-chocolate morsels
- 0.3 cup cocoa unsweetened

Equipment

- bowl

- blender
- plastic wrap
- ziploc bags
- wax paper
- microwave

Directions

- Place 1/3 cup morsels in a medium glass bowl, and microwave at HIGH 1 minute or until morsels are almost melted, stirring until smooth.
- Let cool.
- Add the cheese to melted morsels, and beat at medium speed of a mixer until smooth.
- Add 1 (16-ounce) package powdered sugar to cheese mixture; beat until well-blended.
- Press mixture into a 6-inch square on heavy-duty plastic wrap, and cover with additional plastic wrap. Chill at least 1 hour.
- Remove top sheet of plastic wrap; cut mixture into 48 squares.
- Roll each square into a ball, and place on wax paper.
- Roll half of balls in cocoa; roll remaining balls in 1/4 cup powdered sugar.
- Place 2 tablespoons morsels in a heavy-duty zip-top plastic bag, and microwave at HIGH 1 minute or until morsels are softened. Knead bag until smooth. Snip a tiny hole in corner of bag; drizzle chocolate over balls rolled in cocoa.
- Serve at room temperature.
- Note: Store truffles in a single layer in an airtight container in freezer for up to 1 month.
- Let stand at room temperature 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.31304347871438%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 55.56kcal (2.78%), Fat: 1.14g (1.75%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 11.44g (4.16%), Sugar: 11.01g (12.23%), Cholesterol: 1.75mg (0.58%), Sodium: 8.19mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%)