



Pfeffernusse – Spicy Nut Truffles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



12

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 12 servings confectioners sugar sifted (do not skip the sifting)
- ☐ 2 teaspoons ground cloves
- ☐ 1 pinch salt good
- ☐ 0.8 cup sugar
- ☐ 0.7 cups walnuts
- ☐ 1.7 cups almonds whole (unblanched)

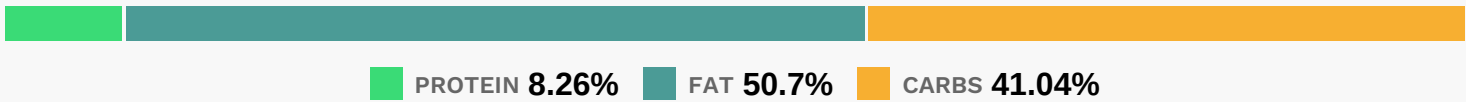
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees.Process all ingredients except the egg until you obtain a finely ground mixture.
- ☐ Transfer to a mixing bowl.
- ☐ Add the egg and mix until the mixture is smooth and malleable, adding just a little more egg if necessary. Do not over-handle the mixture or you will make it greasy.Shape the mixture into little balls.
- ☐ Pour confectioners sugar over the balls, shaking out the excess.
- ☐ Place the balls on a real (not disposable) cookie sheet lined with foil.
- ☐ Bake 15 min, not a second longer.
- ☐ Let the truffles cool completely before storing in an airtight tin.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:9.08, Inflammation Score:-3, Nutrition Score:8.3639129976863%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 237.84kcal (11.89%), Fat: 14.23g (21.9%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 22.89g (8.32%), Sugar: 21.34g (23.71%), Cholesterol: 0mg (0%), Sodium: 40.1mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Manganese: 0.88mg (43.85%), Vitamin E: 5.16mg (34.4%), Magnesium: 64.85mg (16.21%), Copper: 0.31mg (15.53%), Vitamin B2: 0.24mg (14.16%), Phosphorus: 125.67mg (12.57%), Fiber: 3.03g (12.13%), Calcium: 81.7mg (8.17%), Iron: 1.01mg (5.63%), Zinc: 0.83mg (5.54%), Potassium: 178.12mg (5.09%), Vitamin B1: 0.06mg (4.23%), Vitamin B3: 0.8mg (3.98%), Folate: 15.19µg (3.8%), Vitamin B6: 0.06mg (3.17%), Selenium: 1.28µg (1.83%), Vitamin B5: 0.13mg (1.32%)