

Pistachio Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



35

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup heavy cream
- ☐ 2 cups pistachios good toasted chopped (or nut – hazelnuts, macadamias, and peanuts are substitutes)
- ☐ 20 ounces bittersweet chocolate cut into small pieces (or semisweet chocolate chips)
- ☐ 2 tablespoons butter unsalted softened

Equipment

- ☐ bowl
- ☐ baking sheet

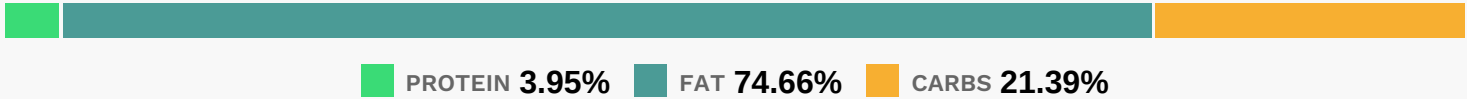
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wax paper
- ☐ melon baller

Directions

- ☐ Heat oven to 32
- ☐ Toast the pistachios on a baking sheet for 7 to 10 minutes or until lightly browned, let cool, and chop.
- ☐ Place 8 ounces of the chocolate pieces and the butter in a large bowl. In a small saucepan over low heat, bring the cream to a simmer.
- ☐ Remove from heat and pour half the cream into the bowl.
- ☐ As the chocolate melts, slowly whisk the mixture together until smooth. Then gradually add the remaining cream until it's completely incorporated and the ganache is thick and shiny. Stir in 1/2 cup of the chopped pistachios and combine well.
- ☐ Pour the ganache into a 2-inch-deep baking pan, spread evenly, and place in the freezer for 30 minutes or until set (it should have the consistency of fudge). Using a melon baller or a small spoon, form rounds and place them on a baking sheet lined with parchment or wax paper.
- ☐ Let the truffles harden in the freezer for about 15 minutes. After removing from the freezer, roll truffles between your hands into marble-size spheres, squeezing slightly (try to do this quickly, otherwise they'll become too soft). You can now dust the truffles with cocoa and serve them as is, but they'll hold their shape better if you coat them with chocolate first.
- ☐ Let the truffles rest in the freezer while you make the chocolate glaze.
- ☐ Place the remaining chocolate pieces in a large bowl over a saucepan of simmering water and stir occasionally, until the chocolate is completely melted.
- ☐ Remove from heat and let cool at room temperature, stirring occasionally, until the chocolate starts to set at the edge of the bowl. Drop the truffles into the melted chocolate and retrieve them with a fork, allowing any excess chocolate to drip off.
- ☐ Garnish immediately or leave the truffles plain and proceed to step

- ☐
- Roll the coated truffles in the remaining chopped pistachios.
- ☐
- Place the truffles on the lined baking sheet and allow them to set in the refrigerator for 5 minutes. Truffles will keep for about 2 weeks, chilled or at room temperature, when stored in a tightly sealed container.

Nutrition Facts



Properties

Glycemic Index:0.29, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:4.4660869448081%

Nutrients (% of daily need)

Calories: 177.63kcal (8.88%), Fat: 15.11g (23.25%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 7.79g (2.83%), Sugar: 6.5g (7.22%), Cholesterol: 10.38mg (3.46%), Sodium: 3.93mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.93mg (4.64%), Protein: 1.8g (3.59%), Manganese: 0.53mg (26.55%), Copper: 0.26mg (13.05%), Magnesium: 38.96mg (9.74%), Fiber: 1.95g (7.82%), Iron: 1.31mg (7.3%), Vitamin B1: 0.1mg (6.54%), Phosphorus: 60.65mg (6.07%), Zinc: 0.55mg (3.64%), Potassium: 126.68mg (3.62%), Selenium: 1.85µg (2.64%), Vitamin A: 128.05IU (2.56%), Calcium: 21.23mg (2.12%), Vitamin B2: 0.03mg (1.96%), Vitamin B3: 0.33mg (1.65%), Vitamin E: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.45%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.12mg (1.25%)