



Polka-Dot Truffles

READY IN



135 min.

SERVINGS



24

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1.5 cups flour all-purpose gold medal®
- ☐ 0.3 cup half and half
- ☐ 2 tablespoons milk
- ☐ 1 cup powdered sugar
- ☐ 24 servings powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 ounce baker's chocolate unsweetened cooled melted
- ☐ 1 teaspoon vanilla

Equipment

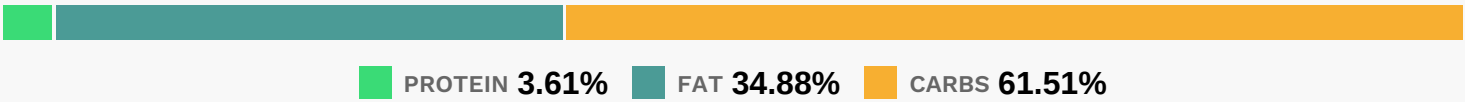
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ In heavy 2-quart saucepan, melt 6 ounces chocolate over low heat, stirring frequently; remove from heat. Stir in 2 tablespoons butter, the half-and-half and 1/2 cup powdered sugar; cool.
- ☐ Shape mixture into 1-inch balls.
- ☐ Place on ungreased cookie sheet; freeze uncovered about 30 minutes or until set.
- ☐ Heat oven to 350°F. In medium bowl, beat 1/2 cup butter, 3/4 cup powdered sugar, 1 tablespoon vanilla and 1 ounce melted chocolate with electric mixer on medium speed, or mix with spoon. Stir in flour and salt until dough holds together. (If dough is dry, mix in 1 to 2 tablespoons milk.)
- ☐ Mold portions of dough around frozen chocolate balls to form 1 1/2-inch balls.
- ☐ Place about 1 inch apart on ungreased cookie sheet.
- ☐ Bake 12 to 15 minutes or until set.
- ☐ Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ In small bowl, mix all White Icing ingredients until smooth. In another small bowl, mix all Chocolate Icing ingredients until smooth.
- ☐ Spoon White Icing over tops of half of the cookies and Chocolate Icing over tops of remaining cookies; let icing spread over cookies. Stir enough additional powdered sugar into remaining icing until stiff enough to pipe.
- ☐ Place each in decorating bag or resealable plastic bag with small corner snipped off; pipe chocolate icing on white-iced cookies in polka-dot design. Pipe white icing on chocolate-

iced cookies.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:1.866956508192%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg

Nutrients (% of daily need)

Calories: 124.56kcal (6.23%), Fat: 4.93g (7.58%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 19.15g (6.96%), Sugar: 12.97g (14.41%), Cholesterol: 1.33mg (0.44%), Sodium: 59.95mg (2.61%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 1.15g (2.3%), Manganese: 0.1mg (5.18%), Vitamin B1: 0.07mg (4.35%), Selenium: 2.95µg (4.22%), Folate: 14.78µg (3.69%), Vitamin A: 183.09IU (3.66%), Iron: 0.58mg (3.21%), Vitamin B2: 0.05mg (3.08%), Copper: 0.05mg (2.54%), Vitamin B3: 0.48mg (2.42%), Phosphorus: 18.72mg (1.87%), Fiber: 0.41g (1.63%), Magnesium: 6.23mg (1.56%), Zinc: 0.19mg (1.25%), Vitamin E: 0.17mg (1.1%)