



Pumpkin Pie Truffles

READY IN



31 min.

SERVINGS



1

CALORIES



2803 kcal

DESSERT

Ingredients

- ☐ 8 ounce chocolate baking bars white chopped
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter
- ☐ 9 gingersnaps with nabisco) crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup pumpkin unsweetened canned

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

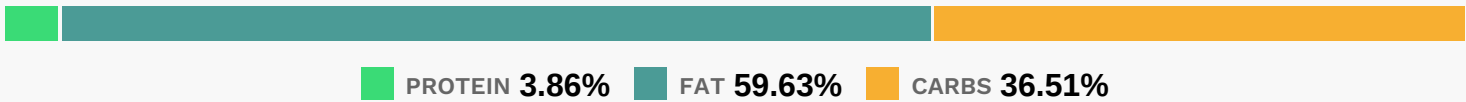
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Saut pecans in 1 tablespoon butter in a large nonstick skillet over medium heat until toasted. Cool completely. Pulse pecans in a food processor until finely chopped.
- ☐ Combine chocolate and 2 tablespoons butter in a glass bowl. Microwave on HIGH 1 minute; stir until smooth. Stir in pumpkin, next 5 ingredients, and 1/2 cup pecans. Chill 3 hours or until almost firm.
- ☐ Combine remaining 1/2 cup pecans and crushed gingersnaps in shallow dish. Shape pumpkin mixture into 1" balls; roll in pecan mixture. Cover and chill at least 3 hours. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:185, Glycemic Load:94.16, Inflammation Score:-10, Nutrition Score:45.050869485606%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 2802.97kcal (140.15%), Fat: 191.72g (294.96%), Saturated Fat: 73.97g (462.33%), Carbohydrates: 264.14g (88.05%), Net Carbohydrates: 249.46g (90.71%), Sugar: 211.69g (235.21%), Cholesterol: 137.93mg (45.98%), Sodium: 1119.19mg (48.66%), Alcohol: 0.69g (100%), Alcohol %: 0.15% (100%), Protein: 27.95g (55.91%), Manganese: 6.34mg (317.15%), Vitamin A: 10715.36IU (214.31%), Copper: 1.71mg (85.67%), Phosphorus: 786.5mg (78.65%), Vitamin B1: 1.01mg (67.05%), Calcium: 613.73mg (61.37%), Vitamin B2: 1.03mg (60.46%), Fiber: 14.68g (58.73%), Magnesium: 206.82mg (51.71%), Zinc: 7.15mg (47.67%), Iron: 8.42mg (46.76%), Potassium: 1464.9mg (41.85%), Vitamin E: 5.96mg (39.74%), Vitamin K: 39.08µg (37.22%), Vitamin B5: 2.86mg (28.57%), Selenium: 18.9µg (27%), Vitamin B3: 5.32mg (26.59%), Folate: 103.4µg (25.85%), Vitamin B6: 0.46mg (22.92%), Vitamin B12: 1.34µg (22.36%), Vitamin C: 4.95mg (6%)