



Raspberry Coconut Truffles

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



177 kcal

SIDE DISH

Ingredients

- 12 raspberries
- 1 cup powdered sugar
- 0.5 cup cup heavy whipping cream
- 2 Tbsp butter
- 1 tsp vanilla extract
- 1 cup coconut shredded sweetened ()
- 4 oz baker's chocolate 60% (cacao)

Equipment

- bowl
- whisk
- hand mixer
- toothpicks
- stand mixer
- wax paper
- microwave

Directions

- Using a stand mixer or an electric hand mixer, whisk together 1 c confectioner's sugar, ¼ c heavy cream, 1 tablespoon butter, 1 teaspoon vanilla extract, and ¾ c coconut until well mixed.
- Grab a bit of the icing with your fingers and wrap each raspberry in a ball of icing. Don't worry about being perfect here...no one will know the difference, as they'll be sealed in a chocolate shell in a few minutes...just do your best.
- Place each on a tray covered with parchment or wax paper.
- Once you're all done with this step, place them in the freezer for about 15-20 minutes to set the icing a little so it's not so sticky for the next step of dipping them in chocolate.
- Break or cut the chocolate into small pieces that will melt easily and place into a microwave-safe bowl.
- Add 1 tablespoon butter and ¼ c heavy cream. Microwave in 15-second increments, then stir, until it's all incorporated together, smooth, and not overly thick (about 2 to 3 times should do it).
- Using a toothpick and a spoon, dip each ball into the bowl of chocolate and spoon the melted chocolate over each one, covering all sides.
- Place on a tray covered with parchment or wax paper.
- Sprinkle a little more coconut over each one and refrigerate for 3 hours.

Nutrition Facts



PROTEIN 3.65% FAT 61.21% CARBS 35.14%

Properties

Glycemic Index:6.33, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:4.8517391304348%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 13.47mg, Epicatechin: 13.47mg, Epicatechin: 13.47mg, Epicatechin: 13.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 0.48%, Sourness: 11.84%, Bitterness: 0.85%, Savoriness: 3.66%, Fattiness: 81.61%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 176.55kcal (8.83%), Fat: 13.12g (20.18%), Saturated Fat: 8.91g (55.72%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 14.9g (5.42%), Sugar: 13.53g (15.03%), Cholesterol: 16.29mg (5.43%), Sodium: 40.06mg (1.74%), Caffeine: 7.56mg (2.52%), Protein: 1.76g (3.52%), Manganese: 0.59mg (29.71%), Copper: 0.33mg (16.64%), Iron: 1.82mg (10.1%), Magnesium: 35.87mg (8.97%), Fiber: 2.04g (8.14%), Zinc: 1.08mg (7.21%), Phosphorus: 52.75mg (5.27%), Vitamin A: 205.58IU (4.11%), Selenium: 2.4µg (3.43%), Potassium: 117.44mg (3.36%), Vitamin B2: 0.03mg (1.96%), Calcium: 18.42mg (1.84%), Vitamin E: 0.23mg (1.54%), Vitamin K: 1.58µg (1.5%), Vitamin B6: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.27%), Vitamin D: 0.16µg (1.06%), Vitamin B5: 0.1mg (1.05%), Folate: 4.13µg (1.03%)