



Raspberry Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 0.3 cup cocoa sifted
- 2 tablespoons crème de framboise
- 0.3 cup powdered sugar sifted
- 6 ounce semi-sweet chocolate
- 0.3 cup whipping cream

Equipment

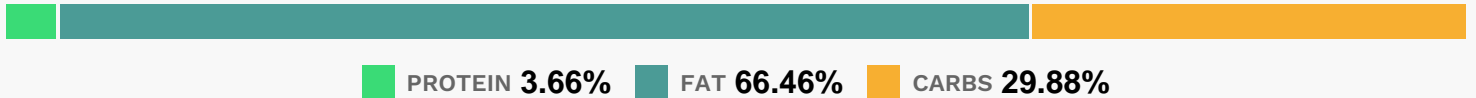
- sauce pan

- whisk
- baking pan

Directions

- Place whipping cream in a small non-aluminum saucepan; cook over medium heat, stirring constantly, 5 minutes or until mixture is reduced in volume to 2 tablespoons.
- Remove from heat; stir in crme de framboise and broken chocolate.
- Return mixture to low heat, stirring until chocolate melts.
- Add butter; beat with a wire whisk until smooth.
- Pour mixture into an 8-inch square baking pan. Chill until firm. Using a teaspoon, scoop up chocolate mixture, and shape into 1/2-inch balls. Chill.
- Sift together cocoa and sugar; roll each ball in cocoa mixture until well coated. Store in airtight containers in refrigerator.
- Let stand at room temperature 20 minutes before serving.
- Note: Grand Marnier, Kahlua, crme de menthe, Amaretto, or a dark rum may be substituted for raspberry liqueur.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3152173832869%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 59.16kcal (2.96%), Fat: 4.52g (6.95%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.26g (3.62%), Cholesterol: 6.65mg (2.22%), Sodium: 13.55mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.52mg (2.17%), Protein: 0.56g (1.12%), Manganese: 0.1mg (5.14%), Copper: 0.1mg (4.91%), Magnesium: 13.74mg (3.44%), Fiber: 0.72g (2.88%), Iron: 0.46mg (2.56%), Phosphorus: 21.61mg (2.16%), Vitamin A: 79.26IU (1.59%), Zinc: 0.21mg (1.38%), Potassium: 45.41mg (1.3%)