



Rockin' Raspberry Vegan Truffles



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp dairy-free margarine for soy-free (use Earth Balance Soy-Free)
- ☐ 12 oz raspberries unsweetened frozen
- ☐ 0.5 cup raspberry puree
- ☐ 1 tbsp shortening such as enjoy life semi-sweet chocolate chips
- ☐ 10 oz enjoy life semi-sweet chocolate chips
- ☐ 0.3 cup sugar
- ☐ 2 tsp shortening such as spectrum palm oil shortening organic

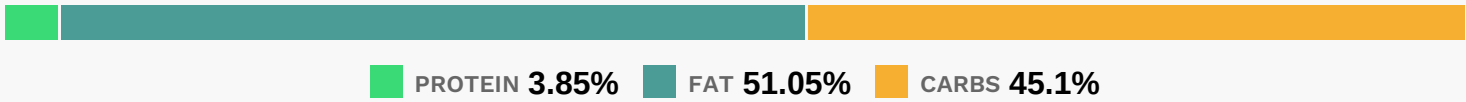
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ blender
- ☐ plastic wrap
- ☐ melon baller

Directions

- ☐ Bring raspberries and sugar to a boil over medium heat. Reduce heat and simmer 5 minutes.
- ☐ Place cooked mixture into a blender and blend one minute.Strain to remove seeds.
- ☐ Mix the raspberry puree, 1 tbsp butter and 1 tbsp shortening in a medium saucepan over medium heat.Bring to boil.
- ☐ Remove from heat.
- ☐ Add 1 (10 oz) bag Enjoy Life chocolate chips and stir until smooth.Put truffle mixture in a bowl and cool to room temperature. Cover the mixture with plastic wrap and chill in refrigerator for 4 hours or overnight.Line a baking sheet with parchment paper.Using a tablespoon or melon baller, scoop the mixture into balls and place on baking sheet.If needed, chill in refrigerator to refirm.To make the chocolate coating, combine 1 (10 oz) bag Enjoy Life chocolate chips and shortening in a microwaveable container.Cook 30 seconds, stir.Continue until all the chocolate is melted and smooth.Using a fork, dip the truffles (one at a time) into the melted chocolate, tapping the fork on the edge of the bowl to remove excess.
- ☐ Place on parchment lined sheet and allow to harden.Once hardened, indulge and enjoy. Don't forget to share!

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:2.17, Inflammation Score:-2, Nutrition Score:3.0526087050853%

Flavonoids

Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 98.41kcal (4.92%), Fat: 5.67g (8.72%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 9.19g (3.34%), Sugar: 8.07g (8.97%), Cholesterol: 0.75mg (0.25%), Sodium: 5.22mg (0.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.7mg (3.57%), Protein: 0.96g (1.92%), Manganese: 0.28mg (13.83%), Copper: 0.17mg (8.52%), Fiber: 2.08g (8.32%), Magnesium: 25.56mg (6.39%), Vitamin C: 4.37mg (5.3%), Iron: 0.9mg (5.02%), Phosphorus: 37.2mg (3.72%), Potassium: 95.92mg (2.74%), Zinc: 0.4mg (2.67%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.36mg (2.38%), Selenium: 1.09µg (1.56%), Calcium: 11.91mg (1.19%), Vitamin B3: 0.2mg (1.02%)