



Spicy Chocolate Truffles

READY IN



180 min.

SERVINGS



24

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon cayenne pepper
- 0.3 teaspoon chili powder
- 0.3 cup cocoa powder
- 0.5 cup extra-fine coconut shredded toasted
- 0.5 cup chocolate cookie crumbs
- 12 ounces chocolate dark chopped
- 0.3 teaspoon ground cinnamon
- 0.7 cup heavy cream
- 0.3 cup pistachios shelled chopped

Equipment

- bowl
- pot
- ice cream scoop

Directions

- Watch how to make this recipe.
- In a medium saucepot, heat the cream, cinnamon, chili powder and cayenne pepper over medium-low heat until it comes to a simmer.
- Add the chocolate and stir until the chocolate is completely melted.
- Transfer to a bowl and chill in the refrigerator until it firms up, 1 1/2 to 2 hours.
- In the meantime, place the toasted coconut, cookie crumbs, cocoa powder and chopped pistachio nuts onto separate small plates.
- Remove the chocolate from the refrigerator and let sit for 30 minutes to soften.
- Using a small ice cream scoop or tablespoon, scoop out the chocolate into the toppings and roll them around to completely coat.
- Place on a plate and serve. Truffles can be stored in the refrigerator for 2 days in an airtight container.

Nutrition Facts



PROTEIN 5.83% **FAT 67.18%** **CARBS 26.99%**

Properties

Glycemic Index:6.33, Glycemic Load:2.04, Inflammation Score:-3, Nutrition Score:4.4904348144065%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 136.32kcal (6.82%), Fat: 10.48g (16.12%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.11g (2.59%), Sugar: 4.3g (4.78%), Cholesterol: 7.9mg (2.63%), Sodium: 12.92mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.09mg (4.7%), Protein: 2.04g (4.09%), Manganese: 0.38mg (19.03%), Copper: 0.33mg (16.4%), Iron: 2.04mg (11.31%), Magnesium: 41.69mg (10.42%), Fiber: 2.36g (9.44%), Phosphorus: 68mg (6.8%), Potassium: 151.77mg (4.34%), Zinc: 0.63mg (4.23%), Selenium: 1.76µg (2.51%), Vitamin A: 122.17IU (2.44%), Vitamin B2: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.03mg (2.03%), Calcium: 18.83mg (1.88%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.55µg (1.47%), Vitamin B3: 0.28mg (1.41%)