



Sweet Sierra Truffles

 Gluten Free

READY IN



90 min.

SERVINGS



1

CALORIES



10654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups powdered sugar
- 16 ounce cream cheese room temperature
- 1 tablespoon red wine sweet
- 6 cups semi chocolate chips

Equipment

- bowl
- frying pan
- baking pan

hand mixer

microwave

Directions

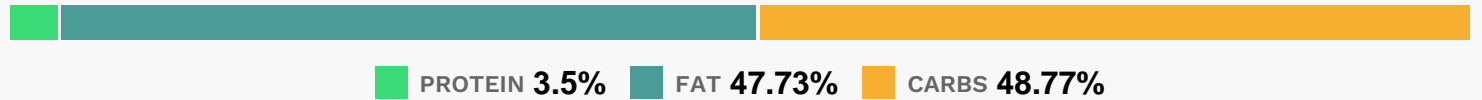
Melt semisweet chocolate in a heatproof bowl set over a pan of barely simmering water. If you want to decorate with chocolate, reserve 1/2 cup of chocolate chips. Stir occasionally until melted and smooth.

Remove from the heat.

In a large bowl, beat cream cheese with an electric mixer until soft and fluffy. Gradually mix in the confectioners' sugar until completely incorporated. Stir in the melted chocolate and wine. Cover and refrigerate the dough for 1 hour, or until firm.

Shape the mixture into 3/4 inch balls and place on a baking tray lined with waxed paper. Melt reserved chocolate chips in a small bowl in the microwave until you can stir it smooth. Use a fork to drizzle chocolate over the truffles for decoration.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:6.82, Inflammation Score:-10, Nutrition Score:68.620434636655%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 10654.32kcal (532.72%), Fat: 569.78g (876.59%), Saturated Fat: 329.56g (2059.75%), Carbohydrates: 1310.13g (436.71%), Net Carbohydrates: 1223.73g (444.99%), Sugar: 1117.78g (1241.97%), Cholesterol: 522.93mg (174.31%), Sodium: 1547.28mg (67.27%), Alcohol: 1.59g (100%), Alcohol %: 0.09% (100%), Caffeine: 928.8mg (309.6%), Protein: 94g (188%), Manganese: 14.41mg (720.42%), Copper: 13.61mg (680.6%), Magnesium: 1943.42mg (485.86%), Iron: 69.26mg (384.76%), Fiber: 86.4g (345.6%), Phosphorus: 3296.79mg (329.68%), Zinc: 30.98mg (206.54%), Potassium: 6755.79mg (193.02%), Selenium: 134.08µg (191.54%), Vitamin A: 6632.05IU (132.64%), Calcium: 1117.98mg (111.8%), Vitamin B2: 1.71mg (100.82%), Vitamin K: 87.35µg (83.19%), Vitamin E: 10.27mg (68.49%), Vitamin B5: 5.83mg (58.3%), Vitamin B12: 2.94µg (49.03%), Vitamin B3: 9.5mg (47.48%), Vitamin B6: 0.63mg (31.49%), Vitamin B1: 0.45mg (30.05%), Folate: 40.97µg (10.24%)