

The Classic Truffle and the Coconut Truffle



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



18

CALORIES



993 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds percent chocolate dark finely chopped
- ☐ 0.3 pound butter
- ☐ 18 servings chocolate melted for dipping
- ☐ 4 tablespoons coconut or toasted
- ☐ 1 quart heavy cream
- ☐ 25 ounces heavy cream
- ☐ 250 grams sugar
- ☐ 2 pounds chocolate white finely chopped

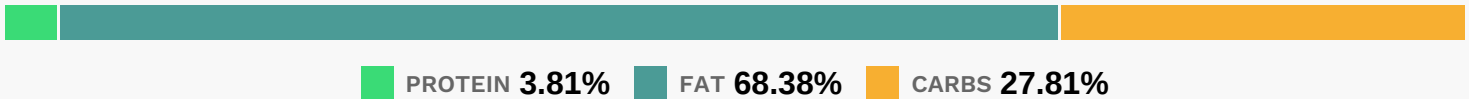
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ whisk
- ☐ double boiler

Directions

- ☐ For the classic truffle:Boil heavy cream and sugar. In a separate bowl add your finely chopped chocolate. Once cream has been brought up to a boil, pour it slowly over the chocolate while whisking, then add the butter. Once combined, set aside in a cool place, but not in the refrigerator.
- ☐ The coconut truffle:Same procedure as above, but add toasted coconut to the mixture.
- ☐ For dipping truffles, have some chocolate melting over a double boiler. The water should be simmering and not boiling or you will burn the chocolate. The truffles can be piped onto a sheet of parchment paper in small dollops and chilled slightly or it can be scooped out with a small teaspoon and rolled by hand, or finally use our "Me a Chocolatier kit" small hollow chocolate shells. You can dip in the melted chocolate and/or you can roll in the cocoa powder or toasted coconut.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:34.81, Inflammation Score:-8, Nutrition Score:17.456521495529%

Nutrients (% of daily need)

Calories: 993.31kcal (49.67%), Fat: 76.72g (118.04%), Saturated Fat: 47.04g (293.98%), Carbohydrates: 70.19g (23.4%), Net Carbohydrates: 64.44g (23.43%), Sugar: 58.96g (65.51%), Cholesterol: 129.54mg (43.18%), Sodium: 121.29mg (5.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 40.98mg (13.66%), Protein: 9.63g (19.25%), Manganese: 1.01mg (50.44%), Copper: 0.94mg (47.1%), Iron: 6.27mg (34.85%), Magnesium: 129.01mg (32.25%), Vitamin A: 1543.87IU (30.88%), Phosphorus: 301.5mg (30.15%), Fiber: 5.75g (23%), Vitamin B2: 0.36mg (21.28%), Calcium: 199.82mg (19.98%), Potassium: 600.49mg (17.16%), Zinc: 2.3mg (15.31%), Selenium: 8.74µg (12.49%), Vitamin E: 1.78mg (11.86%), Vitamin K: 11.71µg (11.16%), Vitamin D: 1.47µg (9.81%), Vitamin B12: 0.58µg (9.69%),

Vitamin B5: 0.76mg (7.63%), Vitamin B3: 0.98mg (4.9%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.08mg (4.04%),
Folate: 7.71µg (1.93%), Vitamin C: 0.84mg (1.02%)