

# Toffee Truffles

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**30**

CALORIES



**77 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter
- 5.6 ounce candy bars english crushed toffee-flavored (see Note)
- 0.8 cup pecans toasted finely chopped
- 1 ounce bittersweet chocolate
- 2 tablespoons whipping cream

## Equipment

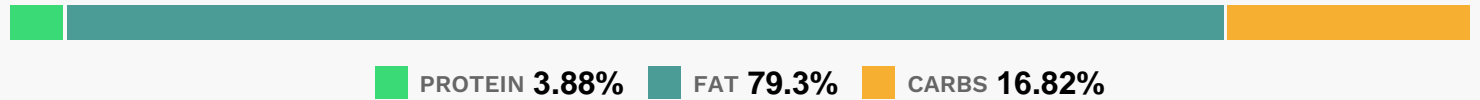
- sauce pan
- ziploc bags

rolling pin

## Directions

- Heat chocolate squares and butter in a saucepan over medium-low heat, stirring constantly, until melted.
- Remove from heat; stir in cream.
- Let cool 5 minutes. Stir in pecans. Cover and chill 2 hours or until mixture is firm.
- Shape chocolate mixture into 1" balls; roll in crushed toffee candy. Store truffles in refrigerator up to one week.
- Note: Crush toffee bars easily by sealing them in a heavy-duty, zip-top plastic bag, crush with a rolling pin. Use a 1 1/4" metal scoop to shape into truffles. It streamlines the process.

## Nutrition Facts



## Properties

Glycemic Index:2.77, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:2.0256521698573%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 77.43kcal (3.87%), Fat: 6.99g (10.75%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.76g (1.95%), Cholesterol: 6.77mg (2.26%), Sodium: 17.64mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.05mg (1.68%), Protein: 0.77g (1.54%), Manganese: 0.24mg (11.91%), Copper: 0.14mg (6.9%), Magnesium: 17.15mg (4.29%), Iron: 0.76mg (4.22%), Fiber: 0.91g (3.66%), Phosphorus: 27.49mg (2.75%), Zinc: 0.33mg (2.19%), Vitamin A: 81.79IU (1.64%), Potassium: 55.92mg (1.6%), Vitamin B1: 0.02mg (1.36%)