



Transylvanian Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



50

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bittersweet chocolate finely chopped
- ☐ 0.8 cup chocolate-hazelnut spread
- ☐ 36 hazelnuts miniature toasted
- ☐ 1 cup heavy cream
- ☐ 0.3 cup cocoa powder unsweetened for coating truffles, optional

Equipment

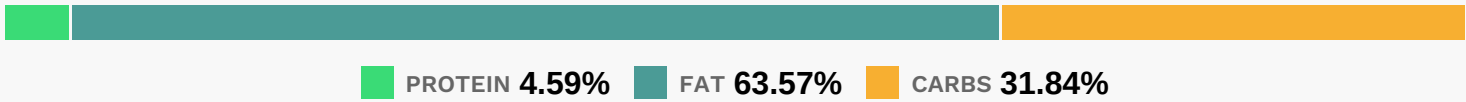
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place chocolate in a large heatproof bowl. In a small, heavy saucepan, bring cream to a boil and pour over chocolate, whisking until melted and smooth. Cool slightly.
- ☐ Whisk in chocolate-hazelnut spread until combined.
- ☐ Let cool completely, then refrigerate until firm, at least 3 hours or overnight.
- ☐ Using a teaspoon, scoop out a 1- to 1 1/2 -inch nugget. Use your hands to quickly roll it into a ball; transfer to a rimmed baking sheet. Continue with remaining mixture. (If balls become too soft, refrigerate for a few minutes.) If using, roll truffles in cocoa to coat. Gently press a sugar decoration or toasted hazelnut into top of each truffle, if desired. Cover and refrigerate until firm. (Refrigerate unadorned truffles in an airtight container for up to 2 weeks. Bring to room temperature before decorating with candy or nuts. Refrigerate truffles again before serving.)

Nutrition Facts



Properties

Glycemic Index:0.89, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:2.5904347708692%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 100.28kcal (5.01%), Fat: 7.2g (11.08%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 6.89g (2.51%), Sugar: 5.95g (6.61%), Cholesterol: 5.92mg (1.97%), Sodium: 4.13mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.11mg (3.04%), Protein: 1.17g (2.34%), Manganese: 0.24mg (11.9%), Copper: 0.17mg (8.42%), Magnesium: 22.97mg (5.74%), Fiber: 1.23g (4.9%), Iron: 0.88mg (4.9%), Phosphorus: 39.27mg (3.93%), Vitamin E: 0.47mg (3.15%), Potassium: 87.66mg (2.5%), Zinc: 0.35mg (2.36%), Selenium: 1.15µg (1.65%), Calcium: 15.33mg (1.53%), Vitamin A: 74.84IU (1.5%), Vitamin B2: 0.02mg (1.37%)