



Trio of Chocolate Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce semi chocolate chips (2 cups)
- ☐ 2.5 ounces coconut or shredded sweetened toasted
- ☐ 2 ounces pistachios unsalted finely chopped
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.7 cup whipping cream

Equipment

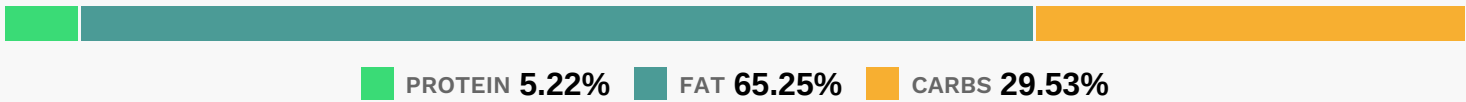
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring cream to boil in heavy medium saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate; whisk until melted and smooth.
- ☐ Whisk in vanilla.
- ☐ Pour into medium bowl. Cover; chill until firm, about 3 hours.
- ☐ Line baking sheet with waxed paper. Drop mixture by rounded teaspoonfuls onto prepared baking sheet. Freeze until firm, about 45 minutes.
- ☐ Place cocoa, coconut and nuts in separate bowls.
- ☐ Roll truffles between hands into rounds.
- ☐ Roll 1/3 of truffles in cocoa, 1/3 in coconut and 1/3 in nuts. Cover with plastic; chill until ready to serve. (Can be made 2 weeks ahead. Keep chilled.)

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.9317391514778%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 108.69kcal (5.43%), Fat: 8.06g (12.39%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.53g (6.14%), Cholesterol: 6.66mg (2.22%), Sodium: 9.04mg (0.39%), Alcohol: 0.09g (100%), Alcohol %: 0.53% (100%), Caffeine: 11.4mg (3.8%), Protein: 1.45g (2.9%), Manganese: 0.26mg (13.02%), Copper: 0.2mg (10.06%), Magnesium: 27.18mg (6.79%), Fiber: 1.47g (5.89%), Iron: 0.94mg (5.24%),

Phosphorus: 49.22mg (4.92%), Potassium: 107.66mg (3.08%), Zinc: 0.45mg (3%), Selenium: 1.8µg (2.57%), Vitamin A: 88.31IU (1.77%), Vitamin B6: 0.03mg (1.71%), Calcium: 13.84mg (1.38%), Vitamin B2: 0.02mg (1.32%), Vitamin B1: 0.02mg (1.28%), Vitamin K: 1.26µg (1.2%), Vitamin E: 0.17mg (1.11%)