

Truffle Eggs

 Gluten Free

READY IN



60 min.

SERVINGS



36

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 drops food coloring blue
- 1 tablespoon butter
- 1 pound candy coating disks white
- 36 servings coconut flakes flaked toasted
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- 0.5 teaspoon plus light
- 0.3 cup cup heavy whipping cream
- 0.5 teaspoon coffee instant

- 2 tablespoons nutella
- 4 ounces bittersweet chocolate chopped

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- whisk
- microwave

Directions

- In a saucepan, bring the cream, butter and corn syrup to a boil.
- Add chocolate and remove from the heat (do not stir).
- Let stand for 5 minutes.
- Whisk in Nutella until combined.
- Transfer to a small bowl. Cover and refrigerate for 45–60 minutes or until thickened, stirring every 15 minutes.
- Shape 1 heaping teaspoonful of chocolate mixture into an egg.
- Place on a parchment paper-lined baking sheet. Repeat with remaining mixture. Refrigerate until firm, about 5–10 minutes.
- Meanwhile, in a microwave-safe bowl, melt candy coating; stir until smooth. Stir in food coloring. Dip eggs into candy coating; allow excess to drip off. Return to baking sheet and immediately sprinkle with coffee granules.
- Let stand until set. Store in an airtight container in the refrigerator.
- Serve eggs on a nest of coconut if desired.

Nutrition Facts



PROTEIN 2.77% FAT 70.45% CARBS 26.78%

Properties

Glycemic Index:2.73, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:4.1930435099032%

Nutrients (% of daily need)

Calories: 236.57kcal (11.83%), Fat: 18.93g (29.12%), Saturated Fat: 16.61g (103.81%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 12.62g (4.59%), Sugar: 12.34g (13.71%), Cholesterol: 2.89mg (0.96%), Sodium: 14.83mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.07%), Protein: 1.68g (3.35%), Manganese: 0.6mg (30%), Fiber: 3.57g (14.27%), Copper: 0.2mg (10.18%), Magnesium: 24.37mg (6.09%), Selenium: 4.06µg (5.8%), Phosphorus: 52.05mg (5.2%), Iron: 0.91mg (5.06%), Potassium: 132.8mg (3.79%), Zinc: 0.5mg (3.34%), Vitamin B6: 0.06mg (3.13%), Vitamin B5: 0.18mg (1.78%), Vitamin B2: 0.03mg (1.56%), Vitamin E: 0.18mg (1.21%)