



Vegan Chocolate Almond Truffles



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



40

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 0.5 cup almonds crushed toasted
- ☐ 10 ounces bittersweet chocolate at least cacao 70% (approximately 2-)
- ☐ 0.5 cup coconut to coat the truffle shredded
- ☐ 2 tablespoons dairy-free margarine with plant sterols)
- ☐ 0.5 cup vanilla dairy-free creamer plain (the doctor uses coconut creamer)
- ☐ 0.5 teaspoon vanilla extract

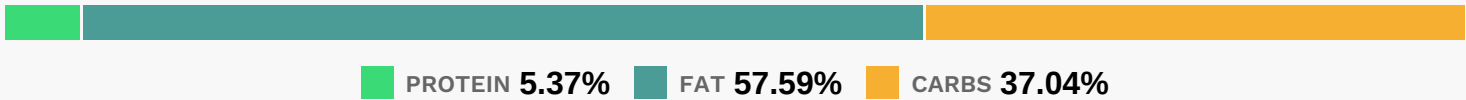
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the coconut creamer in a heavy saucepan at low heat. Break the chocolate into pieces and add to the creamer.
- ☐ Add the agave nectar, vanilla and margarine. Continue heating until the chocolate is melted, smooth and thickened.
- ☐ Place the mixture into an 8-inch square pan and chill in the refrigerator for about an hour to firm. Toast the almonds and coarse crush in a food processor, short pulses (1 cup will equal 1/2 cup of crushed, chopped almonds). When the chocolate is firm, remove from refrigerator and using a teaspoon form a 1/2-inch to 3/4-inch ball.
- ☐ Roll each in the almonds and the other side in coconut if desired.

Nutrition Facts



Properties

Glycemic Index:1.71, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:2.1021739121365%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69kcal (3.45%), Fat: 4.47g (6.87%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.57g (2.02%), Sugar: 4.69g (5.21%), Cholesterol: 0.43mg (0.14%), Sodium: 7.04mg (0.31%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.1mg (2.03%), Protein: 0.94g (1.87%), Manganese: 0.15mg (7.5%), Copper: 0.12mg (5.76%), Vitamin E: 0.74mg (4.92%), Magnesium: 17.65mg (4.41%), Fiber: 0.9g (3.59%), Iron:

0.56mg (3.09%), Phosphorus: 28.21mg (2.82%), Vitamin B2: 0.03mg (2.03%), Potassium: 61.39mg (1.75%), Zinc: 0.26mg (1.75%), Vitamin K: 1.52µg (1.45%), Calcium: 13.51mg (1.35%), Selenium: 0.88µg (1.26%), Vitamin B3: 0.25mg (1.23%)