



Very Tipsy Truffles for National Chocolate Week



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



14

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g butter
- ☐ 14 servings enough cocoa powder to coat the truffles
- ☐ 100 g chocolate dark
- ☐ 75 g ground almonds
- ☐ 75 g icing sugar
- ☐ 3 tbsp toffee vodka (or alcohol)

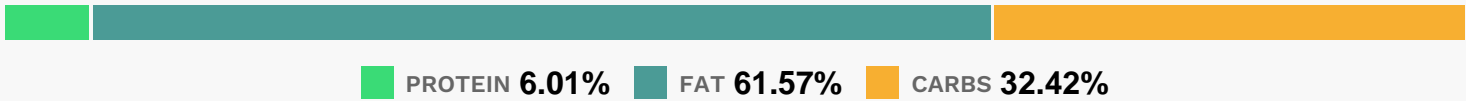
Equipment

- ☐ bowl
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Melt chocolate in a bain marie (bowl over simmering water). Make sure the bottom of the bowl does not touch the water, as this would spoil the chocolate. You could also melt the chocolate at a low setting in a microwave.
- ☐ Stir in the butter until melted, then add the alcohol, almonds and icing sugar.
- ☐ Mix until well combined and smooth.
- ☐ Once cool, roll into balls and roll each ball in cocoa powder.
- ☐ Store the truffles in a container between layers of greaseproof paper. These will keep in a cool, dark place for up to a month.Notes: I made 14 truffles, but how many you make will depend on the size.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:2.24999999967606%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 129.13kcal (6.46%), Fat: 8.73g (13.43%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.63g (3.14%), Sugar: 7.16g (7.96%), Cholesterol: 7.89mg (2.63%), Sodium: 24.74mg (1.08%), Alcohol: 1.07g (100%), Alcohol %: 5.31% (100%), Caffeine: 8.01mg (2.67%), Protein: 1.92g (3.84%), Manganese: 0.18mg (8.89%), Copper: 0.16mg (8.24%), Fiber: 1.72g (6.87%), Iron: 1.2mg (6.64%), Magnesium: 21.35mg (5.34%), Phosphorus: 30.36mg (3.04%), Zinc: 0.31mg (2.06%), Potassium: 67.27mg (1.92%), Calcium: 18.66mg (1.87%), Vitamin A: 92.04IU (1.84%)