



White Chocolate Truffles

 Vegetarian  Gluten Free

READY IN



170 min.

SERVINGS



18

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz chocolate white chopped
- 2 tablespoons whipping cream
- 1 tablespoon rum dark
- 1 cup coconut flakes flaked

Equipment

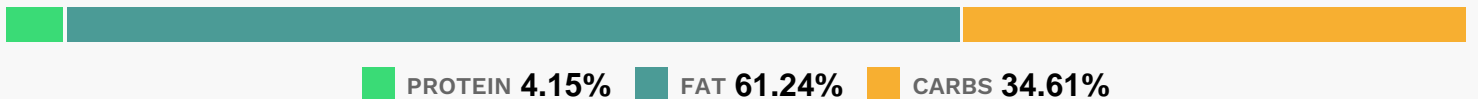
- bowl
- frying pan
- baking sheet

- sauce pan
- oven
- plastic wrap
- ziploc bags
- microwave
- rolling pin

Directions

- In 2-quart heavy saucepan, heat 8 oz of the white chocolate, the whipping cream and rum over low heat, stirring constantly, until chocolate is softened and mixture can be stirred smooth.
- Remove from heat; transfer to small bowl.
- Place plastic wrap over surface of mixture. Refrigerate about 2 hours until mixture is firm enough to hold its shape.
- Line cookie sheet with waxed paper. Scoop rounded teaspoonfuls of white chocolate mixture onto cookie sheet; roll lightly to shape into 1-inch balls. Freeze 15 minutes.
- Heat oven to 350°F.
- Bake coconut in a shallow pan for 5 to 7 minutes, stirring occasionally, until golden brown.
- In small microwavable bowl, microwave remaining 4 oz white chocolate uncovered on High 45 to 60 seconds, stirring once, until softened and chocolate can be stirred smooth.
- Place coconut in resealable food-storage plastic bag or between sheets of waxed paper; crush slightly with rolling pin. In shallow dish, place coconut. Dip each truffle in melted white chocolate; coat immediately with coconut. Return to cookie sheet; refrigerate 10 minutes or until firm. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:7.81, Inflammation Score:-1, Nutrition Score:1.9382608798535%

Nutrients (% of daily need)

Calories: 140.63kcal (7.03%), Fat: 9.72g (14.95%), Saturated Fat: 6.75g (42.2%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.55g (4.2%), Sugar: 11.55g (12.83%), Cholesterol: 5.85mg (1.95%), Sodium: 19.22mg (0.84%), Alcohol: 0.28g (100%), Alcohol %: 1.35% (100%), Protein: 1.48g (2.96%), Manganese: 0.13mg (6.57%), Phosphorus: 43.99mg (4.4%), Calcium: 39.94mg (3.99%), Vitamin B2: 0.06mg (3.6%), Fiber: 0.81g (3.23%), Selenium: 1.77µg (2.53%), Copper: 0.05mg (2.46%), Potassium: 81.29mg (2.32%), Vitamin B12: 0.11µg (1.81%), Vitamin K: 1.79µg (1.7%), Magnesium: 6.63mg (1.66%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.27%), Iron: 0.2mg (1.13%), Vitamin B1: 0.02mg (1.01%)