

Rich Chocolate Truffles

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: about 30 truffles

3/4 cup thick (double) cream
13 ounces dark chocolate, grated
2 1/4 ounces butter, chopped
2 tablespoons Cointreau
dark cocoa powder (for rolling)

Preparation Time: 40 minutes

Cook Time: 5 minutes

Place the cream in a small pan. Bring to a boil. Remove from the heat and stir in the chocolate until it is completely melted. Add the butter and stir until melted. Stir in the Cointreau.

Transfer to a large bowl. Cover and refrigerate for several hours or overnight, or until firm enough to roll.

Quickly roll tablespoons of the mixture into balls. refrigerate until firm.

Roll the balls in the cocoa. Shake off any excess and return to the refrigerator.

Serve at room temperature.

The truffle mixture can be made and rolled up to two weeks ahead. You will need to roll the balls in cocoa again closer to serving time.

Per Serving (excluding unknown items): 2303 Calories; 163g Fat (59.2% calories from fat); 18g Protein; 235g Carbohydrate; 20g Dietary Fiber; 140mg Cholesterol; 564mg Sodium. Exchanges: 32 1/2 Fat; 15 Other Carbohydrates.

Appetizers, Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 2303 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 59.2% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 38.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 2.9% | Riboflavin B2 (mg): | .9mg |
| Total Fat (g): | 163g | Folacin (mcg): | 17mcg |
| Saturated Fat (g): | 32g | Niacin (mg): | 2mg |

Monounsaturated Fat (g): 15g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 140mg
Carbohydrate (g): 235g
Dietary Fiber (g): 20g
Protein (g): 18g
Sodium (mg): 564mg
Potassium (mg): 1270mg
Calcium (mg): 85mg
Iron (mg): 8mg
Zinc (mg): 6mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2024IU
Vitamin A (r.e.): 497 1/2RE

Caffeine (mg): 280mg
Alcohol (kcal): 92
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 32 1/2
Other Carbohydrates: 15

Nutrition Facts

Amount Per Serving

Calories 2303 **Calories from Fat:** 1363

% Daily Values*

| | |
|---------------------------------|------|
| Total Fat 163g | 251% |
| Saturated Fat 32g | 161% |
| Cholesterol 140mg | 47% |
| Sodium 564mg | 23% |
| Total Carbohydrates 235g | 78% |
| Dietary Fiber 20g | 81% |
| Protein 18g | |
| Vitamin A | 40% |
| Vitamin C | 0% |
| Calcium | 9% |
| Iron | 43% |

* Percent Daily Values are based on a 2000 calorie diet.