

Rum-And-Raisin Truffles

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: about 40 truffles

2 ounces raisins, finely chopped
1/4 cup dark rum
6 1/2 ounces chocolate-coated
wheatmeal biscuits, crushed
1/2 cup soft brown sugar
1 teaspoon ground cinnamon
1 3/4 ounces pecans, finely chopped
1/4 cup cream
8 ounces dark chocolate, chopped
1/4 cup golden syrup
4 ounces pecans, finely ground

Preparation Time: 30 minutes**Cook Time: 5 minutes**

Marinate the raisins in the rum in a small bowl for one hour.

In a large bowl, place the biscuits, sugar, cinnamon and chopped pecans. Mix until combined.

In a pan over low heat, stir the cream, chocolate and golden syrup until melted. Pour onto the biscuit mixture. Add the raisins and rum mixture. Stir until well combined.

Refrigerate until just firm enough to roll into balls.

Roll the mixture into one-tablespoon balls. Roll the balls in the ground pecans.

Refrigerate until firm.

Truffles can be made up to two weeks ahead.

Per Serving (excluding unknown items): 2617 Calories; 194g Fat (64.1% calories from fat); 27g Protein; 218g Carbohydrate; 28g Dietary Fiber; 52mg Cholesterol; 54mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 3 Fruit; 38 Fat; 9 1/2 Other Carbohydrates.

Appetizers, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2617	Vitamin B6 (mg):	.6mg
% Calories from Fat:	64.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	32.0%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.9mg

Total Fat (g): 194g
Saturated Fat (g): 18g
Monounsaturated Fat (g): 73g
Polyunsaturated Fat (g): 28g
Cholesterol (mg): 52mg
Carbohydrate (g): 218g
Dietary Fiber (g): 28g
Protein (g): 27g
Sodium (mg): 54mg
Potassium (mg): 1917mg
Calcium (mg): 211mg
Iron (mg): 10mg
Zinc (mg): 13mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 827IU
Vitamin A (r.e.): 170RE

Folacin (mcg): 77mcg
Niacin (mg): 3mg
Caffeine (mg): 172mg
Alcohol (kcal): 128
% Refuse: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1
Vegetable: 0
Fruit: 3
Non-Fat Milk: 0
Fat: 38
Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 2617 **Calories from Fat:** 1677

% Daily Values*

Total Fat	194g	298%
Saturated Fat	18g	91%
Cholesterol	52mg	17%
Sodium	54mg	2%
Total Carbohydrates	218g	73%
Dietary Fiber	28g	113%
Protein	27g	
Vitamin A		17%
Vitamin C		10%
Calcium		21%
Iron		57%

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