

# White Cake Truffles

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: about 25 truffles**

*2 cups Madeira cake crumbs*  
*2 tablespoons chopped glace' orange peel*  
*1 tablespoon apricot jam*  
*2 tablespoons cream*  
*3 1/2 ounces white chocolate, melted*  
**CHOCOLATE COATING**  
*5 ounces white chocolate, chopped*  
*3/4 ounce white vegetable shortening (Copha), chopped*

## **Preparation Time: 25 minutes**

Line a baking tray with foil..

In a bowl, combine the cake crumbs with the chopped orange peel, apricot jam, cream and melted chocolate. Mix until smooth. Roll into balls using two teaspoons of mixture for each.

For the chocolate coating: in a heatproof bowl, combine the chocolate and shortening. Bring a pan of water to a boil. Remove from the heat and sit the bowl over the pan, making sure that the bowl does not touch the water. Stir occasionally until the chocolate and shortening have melted.

Dip the balls in the chocolate, wipe the excess off on the edge of the bowl, and leave them to set on the tray.

Decorate with gold leaf, if desired.

*For decorating, you can buy 24-carat edible gold leaf from specialty art shops or cake decorating suppliers.*

*The truffles can be made up to two weeks in advance.*

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Per Serving (excluding unknown items): 1338 Calories; 90g Fat (54.7% calories from fat); 10g Protein; 157g Carbohydrate; 13g Dietary Fiber; 26mg Cholesterol; 58mg Sodium. Exchanges: 18 Fat; 10 1/2 Other Carbohydrates.

Appetizers, Desserts

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1338	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	54.7%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	42.6%	<b>Thiamin B1 (mg):</b>	trace

% Calories from Protein: 2.8%  
 Total Fat (g): 90g  
 Saturated Fat (g): 53g  
 Monounsaturated Fat (g): 29g  
 Polyunsaturated Fat (g): 3g  
 Cholesterol (mg): 26mg  
 Carbohydrate (g): 157g  
 Dietary Fiber (g): 13g  
 Protein (g): 10g  
 Sodium (mg): 58mg  
 Potassium (mg): 748mg  
 Calcium (mg): 89mg  
 Iron (mg): 7mg  
 Zinc (mg): 4mg  
 Vitamin C (mg): 2mg  
 Vitamin A (i.u.): 3711U  
 Vitamin A (r.e.): 78 1/2RE

Riboflavin B2 (mg): .5mg  
 Folic Acid (mcg): 15mcg  
 Niacin (mg): 2mg  
 Caffeine (mg): 159mg  
 Alcohol (kcal): 0  
 % Refuse: n n%

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 18  
 Other Carbohydrates: 10 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 1338                      **Calories from Fat:** 731

### % Daily Values\*

<b>Total Fat</b>	90g	138%
Saturated Fat	53g	265%
<b>Cholesterol</b>	26mg	9%
<b>Sodium</b>	58mg	2%
<b>Total Carbohydrates</b>	157g	52%
Dietary Fiber	13g	54%
<b>Protein</b>	10g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		3%
<b>Calcium</b>		9%
<b>Iron</b>		37%

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