

Angel Wings

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 angel food cake prepared cut into 8 wedges ()
- ☐ 8 peppermint candies hard mini (or peppermint candies)
- ☐ 8 ounces chocolate dark (at least 70 percent cocoa)

Equipment

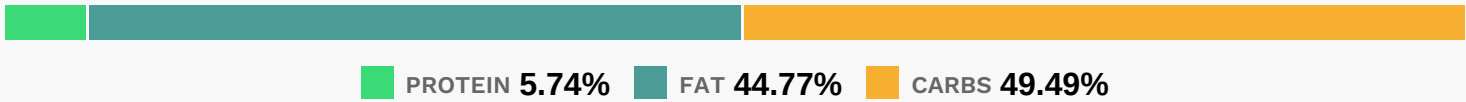
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ broiler

☐ microwave

Directions

- ☐ Heat broiler.
- ☐ Lay cake wedges on sides; cut each crosswise in half and place on a baking sheet. Broil cake until brown on top, 2 to 5 minutes. Pulse candy in a food processor. Microwave chocolate in a bowl, stirring every 15 seconds, until smooth, 1 to 2 minutes. Dip untoasted side of cake in chocolate; place on platter chocolate side up.
- ☐ Sprinkle candy pieces over chocolate.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:5.59, Inflammation Score:-3, Nutrition Score:6.7182608985383%

Nutrients (% of daily need)

Calories: 244.39kcal (12.22%), Fat: 12.15g (18.69%), Saturated Fat: 6.95g (43.45%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 27.08g (9.85%), Sugar: 16.66g (18.51%), Cholesterol: 0.85mg (0.28%), Sodium: 114.26mg (4.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 3.5g (7.01%), Manganese: 0.57mg (28.28%), Copper: 0.52mg (25.76%), Iron: 3.42mg (19.01%), Magnesium: 66.34mg (16.58%), Phosphorus: 136.62mg (13.66%), Fiber: 3.13g (12.53%), Selenium: 5.18µg (7.4%), Potassium: 231.39mg (6.61%), Zinc: 0.97mg (6.44%), Calcium: 38.55mg (3.85%), Vitamin B2: 0.06mg (3.58%), Vitamin K: 2.09µg (1.99%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.33mg (1.66%), Vitamin B12: 0.09µg (1.43%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.17mg (1.13%)