

# Apricot Cashew Clusters

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**30**

CALORIES



**89 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup apricot dried chopped
- 11 ounces milk chocolate chips
- 1 cup roasted cashews salted chopped

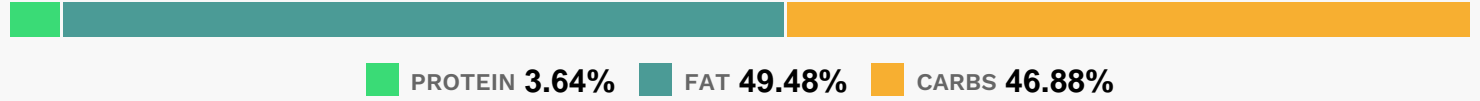
## Equipment

- baking sheet
- double boiler
- microwave

## Directions

In a microwave or double boiler, melt the chocolate chips; stir until smooth. Stir in apricots and cashews. Drop by rounded tablespoonfuls onto waxed paper-lined baking sheets. Chill until set, about 15 minutes. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:1.11, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:1.5717391211378%

## Nutrients (% of daily need)

Calories: 88.63kcal (4.43%), Fat: 5.11g (7.86%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.44g (3.79%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 29.66mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Copper: 0.12mg (5.81%), Magnesium: 13.26mg (3.32%), Vitamin A: 156.17IU (3.12%), Potassium: 105.77mg (3.02%), Phosphorus: 25.45mg (2.55%), Manganese: 0.05mg (2.4%), Iron: 0.39mg (2.16%), Zinc: 0.27mg (1.82%), Fiber: 0.45g (1.81%), Vitamin K: 1.72µg (1.64%), Vitamin E: 0.23mg (1.53%), Calcium: 11.86mg (1.19%)