



## Chilli chocolate egg lollies



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



89 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients



140 g chocolate dark



2 pinches chilli powder hot



12 sprinkles and lolly sticks red

### Equipment



bowl

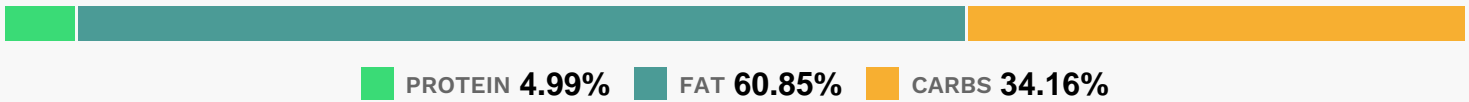


frying pan

# Directions

- ☐ Draw an egg shape about 6cm long, and use as a template to draw about 10–12 shapes on sheets of baking parchment. Hole-punch a piece of paper a bit bigger than the egg shape, to make a polka-dot stencil. (By folding the paper in half, you can get holes right to the middle of it.)
- ☐ Melt the chocolate in a bowl over a pan of barely simmering water. Stir in chilli (taste to check heat).
- ☐ Spread a spoon or two of chocolate inside each egg shape.
- ☐ Add a lolly stick to each. Hold the stencil just over the wet surface of one of the lollies and stick into place with Blu-Tack, but dont let it touch.
- ☐ Sprinkle edible glitter or sprinkles over, then gently lift off the stencil. Repeat to decorate the rest, then leave somewhere cool to set.

## Nutrition Facts



## Properties

Glycemic Index:2.3, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:3.0595652361441%

## Nutrients (% of daily need)

Calories: 89.36kcal (4.47%), Fat: 6.06g (9.32%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.06g (2.2%), Sugar: 4.47g (4.96%), Cholesterol: 0.42mg (0.14%), Sodium: 6.08mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.2mg (3.73%), Protein: 1.12g (2.24%), Manganese: 0.28mg (13.81%), Copper: 0.25mg (12.46%), Iron: 1.7mg (9.45%), Magnesium: 32.22mg (8.05%), Fiber: 1.6g (6.38%), Phosphorus: 43.72mg (4.37%), Zinc: 0.47mg (3.15%), Potassium: 104mg (2.97%), Selenium: 0.99µg (1.42%), Vitamin A: 64.76IU (1.3%), Vitamin K: 1.23µg (1.17%), Calcium: 10.88mg (1.09%), Vitamin E: 0.16mg (1.06%)