



Choco-Yummy Vegan Chocolate-Covered Raisins



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



2158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup raisins
- ☐ 10 oz enjoy life semi-sweet chocolate chips
- ☐ 2 tsp shortening (such as Spectrum Palm Shortening)

Equipment

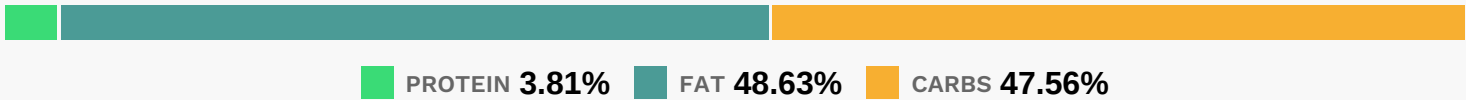
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

☐ slotted spoon

Directions

- ☐ Line a baking sheet with parchment paper and set aside.
- ☐ Combine chocolate chips and shortening in a microwaveable bowl.
- ☐ Heat for 30 seconds, then stir. Continue until all chocolate is melted and smooth.
- ☐ Add raisins and mix until coated.Using a slotted spoon, remove the coated raisins.
- ☐ Placed drained raisins on parchment paper and let cool to harden.Once cooled, if needed, break pieces into smaller bits.Enjoy and share with your loved ones!

Nutrition Facts



Properties

Glycemic Index:58.8, Glycemic Load:61.11, Inflammation Score:-9, Nutrition Score:40.167826108311%

Nutrients (% of daily need)

Calories: 2157.78kcal (107.89%), Fat: 119.25g (183.46%), Saturated Fat: 65.18g (407.37%), Carbohydrates: 262.39g (87.46%), Net Carbohydrates: 229.85g (83.58%), Sugar: 104.07g (115.63%), Cholesterol: 17.01mg (5.67%), Sodium: 69.34mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 243.81mg (81.27%), Protein: 21g (42.01%), Manganese: 4.14mg (207.17%), Copper: 3.98mg (198.8%), Magnesium: 542.45mg (135.61%), Fiber: 32.54g (130.16%), Iron: 21.68mg (120.44%), Phosphorus: 845.84mg (84.58%), Potassium: 2803.67mg (80.1%), Zinc: 7.77mg (51.82%), Selenium: 24.68µg (35.26%), Vitamin K: 25.66µg (24.43%), Vitamin B2: 0.4mg (23.69%), Calcium: 216.47mg (21.65%), Vitamin B3: 3.99mg (19.95%), Vitamin B6: 0.37mg (18.45%), Vitamin B1: 0.26mg (17.01%), Vitamin E: 2.28mg (15.18%), Vitamin B5: 0.98mg (9.83%), Vitamin C: 7.83mg (9.49%), Vitamin B12: 0.51µg (8.5%), Vitamin A: 141.75IU (2.83%), Folate: 4.35µg (1.09%)