



Chocolate-Almond Nuggets of Joy

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 almonds raw
- 1 tablespoon cocoa powder
- 1 tablespoon powdered sugar
- 1 cup medjool dates dried (16 prunes)
- 0.3 cups bittersweet chocolate (dairy-free kind)
- 0.8 cup coconut shredded unsweetened sweetened flaked

Equipment

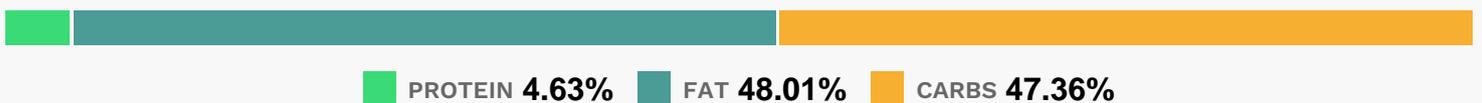
- food processor

- plastic wrap
- microwave
- pastry bag

Directions

- Put the prunes or dates, coconut, and 1 1/2 teaspoons cocoa powder into the food processor and blend until you have a sticky blob. Divide the blob and process again briefly to make sure that ingredients are well-distributed. If the mixture doesn't seem sticky enough, you can add more prunes or dates (but prunes should already be very sticky). Scrape the blob out onto a plate, cover with plastic wrap, and flatten it till it's about 1-inch thick. Keep it covered and refrigerate for about 15 minutes.
- Mix the confectioners' sugar and the tablespoon of cocoa powder on a dinner plate. Scoop out a heaping teaspoon of the coconut mixture, form into an oval shape, press an almond into the middle, and cover it with coconut mixture.
- Roll each nugget (or as many as you want) in cocoa/confectioners' sugar, and place on a plate. Repeat about 23 times. You can serve them immediately or add a chocolate squiggle.
- Place the nuggets into the freezer for a few minutes while you gently heat the chocolate chips (I used a microwave). As soon as the chips are just barely melted, scrape the chocolate into a pastry bag fitted with a small round tip. Pipe chocolate onto each nugget. Nuggets keep well covered at room temperature for about 2 days. Refrigerate if you need to keep them longer.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.6091304275653%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.26kcal (2.71%), Fat: 3.11g (4.79%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.67g (2.06%), Sugar: 5.33g (5.92%), Cholesterol: 0.11mg (0.04%), Sodium: 1.38mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Manganese: 0.15mg (7.65%), Fiber: 1.23g (4.93%), Copper: 0.09mg (4.31%), Magnesium: 12.87mg (3.22%), Potassium: 79.25mg (2.26%), Phosphorus: 20.86mg (2.09%), Vitamin E: 0.28mg (1.87%), Iron: 0.33mg (1.85%), Vitamin B6: 0.03mg (1.31%), Zinc: 0.18mg (1.19%), Vitamin B2: 0.02mg (1.14%), Selenium: 0.76µg (1.09%)