



Chocolate Bundles with Chocolate Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chocolate candy bars miniature
- 2 eggs
- 8 chocolate drops (recommended: Hershey's kisses)
- 0.5 cup heavy cream
- 4 ounces chocolate
- 4 servings mint sprigs for garnish
- 1 sheet puff pastry frozen thawed
- 4 servings strawberries fresh sliced for garnish
- 4 servings whipped cream sweetened

- 1 teaspoon whipping cream

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk

Directions

- Preheat oven to 350 degrees F. Line a cookie sheet with parchment paper.;
- Allow the puff pastry to thaw, covered, for 30 minutes at room temperature. When it is pliable, unfold puff pastry and cut the sheet into 4 squares
- Beat the eggs and cream together to create an egg wash.
- Brush the entire surface of each pastry square with egg wash. In the center of each pastry square, place 2 chocolate drops and 2 miniature candy bars. Pull the corners of each square up around the chocolate, and twist the top of the dough clockwise to complete the "bundle."
- Brush the exteriors of the chocolate bundles with more egg wash.
- Place the bundles on the cookie sheet.
- Bake for about 35 minutes, until golden brown.
- In a small saucepan bring the heavy cream to a boil.
- Place the chocolate pieces in a bowl and pour hot cream over the top.
- Whisk until the sauce is smooth.
- Puddle the chocolate sauce on each plate and place a bundle on top. Top with whipped cream and additional chocolate sauce, if desired.
- Serve the bundles garnished with strawberry slices and mint sprigs.

Nutrition Facts



■ PROTEIN 5.67% ■ FAT 61.64% ■ CARBS 32.69%

Properties

Glycemic Index:54.15, Glycemic Load:29.78, Inflammation Score:-9, Nutrition Score:31.280000251272%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1060.19kcal (53.01%), Fat: 74.66g (114.86%), Saturated Fat: 35.56g (222.27%), Carbohydrates: 89.07g (29.69%), Net Carbohydrates: 77.3g (28.11%), Sugar: 42.16g (46.85%), Cholesterol: 125.4mg (41.8%), Sodium: 217.93mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 63.51mg (21.17%), Protein: 15.46g (30.93%), Manganese: 2.1mg (105.2%), Vitamin C: 85.18mg (103.24%), Copper: 1.31mg (65.69%), Iron: 10.16mg (56.45%), Magnesium: 194.51mg (48.63%), Fiber: 11.77g (47.09%), Selenium: 27.77µg (39.67%), Phosphorus: 353.07mg (35.31%), Vitamin B2: 0.48mg (28.36%), Folate: 96.09µg (24.02%), Potassium: 814.62mg (23.27%), Vitamin B1: 0.32mg (21.41%), Zinc: 3.2mg (21.31%), Vitamin B3: 3.95mg (19.73%), Vitamin K: 20.08µg (19.12%), Vitamin A: 697.81IU (13.96%), Calcium: 136.28mg (13.63%), Vitamin E: 1.71mg (11.38%), Vitamin B5: 0.87mg (8.72%), Vitamin B6: 0.17mg (8.3%), Vitamin B12: 0.42µg (6.99%), Vitamin D: 0.96µg (6.4%)