



Chocolate Chunks with Cherries and Pistachios



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces baker's chocolate chopped
- ☐ 1 cup cherries dried
- ☐ 1 cup pistachios shelled
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup milk whole

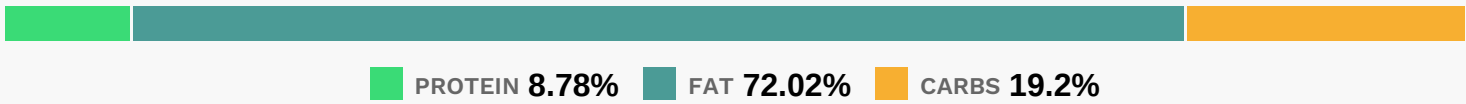
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ cutting board

Directions

- ☐ In a large microwaveable bowl, combine chocolate, milk, butter, and salt.
- ☐ Place bowl in microwave and heat on high for 3 minutes, stirring every 30 seconds.
- ☐ Remove and whisk until combined and smooth. (If chocolate is not completely melted after whisking, return to microwave for 1 minute and repeat step.)
- ☐ Stir in pistachios and cherries. Line the bottom and sides of a 9 x 9-inch pan with plastic wrap.
- ☐ Pour chocolate mixture into pan, scraping bowl, and smooth out evenly. Refrigerate until firm, about 1 hour.
- ☐ Remove pan from refrigerator and invert chocolate mixture onto a cutting board.
- ☐ Remove plastic and cut chocolate with a knife into desired shape and size.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.7, Inflammation Score:-8, Nutrition Score:24.613043474114%

Flavonoids

Cyanidin: 8.45mg, Cyanidin: 8.45mg, Cyanidin: 8.45mg, Cyanidin: 8.45mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 38.21mg, Catechin: 38.21mg, Catechin: 38.21mg, Catechin: 38.21mg Epigallocatechin:

0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 81.74mg, Epicatechin: 81.74mg, Epicatechin: 81.74mg, Epicatechin: 81.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 476.15kcal (23.81%), Fat: 45.34g (69.75%), Saturated Fat: 23.46g (146.65%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 15.19g (5.52%), Sugar: 6.01g (6.68%), Cholesterol: 17.49mg (5.83%), Sodium: 119.2mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 45.36mg (15.12%), Protein: 12.44g (24.88%), Manganese: 2.63mg (131.3%), Copper: 2.11mg (105.74%), Iron: 10.75mg (59.75%), Magnesium: 215.32mg (53.83%), Fiber: 12.01g (48.03%), Zinc: 6.02mg (40.11%), Phosphorus: 354.29mg (35.43%), Potassium: 763.99mg (21.83%), Vitamin B6: 0.39mg (19.38%), Vitamin B1: 0.28mg (18.64%), Calcium: 108.53mg (10.85%), Selenium: 6.48µg (9.26%), Vitamin B2: 0.13mg (7.5%), Folate: 27.46µg (6.87%), Vitamin K: 6.53µg (6.22%), Vitamin A: 307.67IU (6.15%), Vitamin E: 0.89mg (5.91%), Vitamin B3: 1.09mg (5.47%), Vitamin C: 2.76mg (3.34%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.33µg (2.19%), Vitamin B12: 0.12µg (2.03%)