



Chocolate Covered Candy Canes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

SIDE DISH

Ingredients

- 12 candy canes (6 inches long)
- 0.5 cup semi chocolate chips
- 2 teaspoons shortening

Equipment

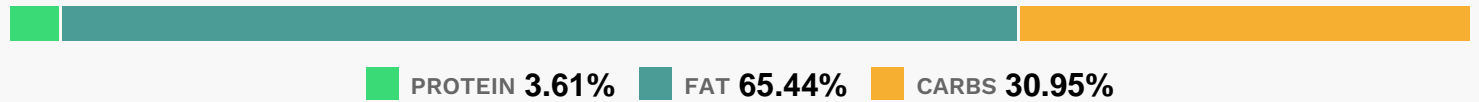
- frying pan
- baking sheet
- sauce pan
- baking paper

double boiler

Directions

- Line a jelly roll pan or large cookie sheet with waxed paper or parchment paper.
- In a double boiler or saucepan, heat 1/2 cup chocolate chips and the shortening over low heat, stirring occasionally, until melted.
- Tip saucepan so chocolate runs to one side. Dip one candy cane at a time into the chocolate, coating about 3/4 of the cane.
- Place on waxed paper in the prepared pan or cookie sheet. Note: If your cane breaks at the curve, don't worry; just spoon out the broken piece and "fit" them together on the parchment sheet--the chocolate will help them stick together.
- Let stand about 2 minutes or until chocolate is partially dry.
- Sprinkle the freshly dipped canes with sprinkles or small candies (I used a Christmas-y red and green mix).
- Let cool until the chocolate has hardened. Store for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1669565160637%

Nutrients (% of daily need)

Calories: 50.69kcal (2.53%), Fat: 3.69g (5.68%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.75g (3.06%), Cholesterol: 0.45mg (0.15%), Sodium: 0.78mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 0.46g (0.92%), Manganese: 0.1mg (4.97%), Copper: 0.09mg (4.68%), Magnesium: 13.2mg (3.3%), Iron: 0.47mg (2.64%), Fiber: 0.6g (2.4%), Phosphorus: 19.5mg (1.95%), Zinc: 0.2mg (1.33%), Potassium: 42.53mg (1.22%)