



Chocolate Covered Kumquat Bon-Bons

 Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce chocolate 60% melted
- ☐ 1 pound kumquats cold
- ☐ 2 tablespoon cocoa powder unsweetened

Equipment

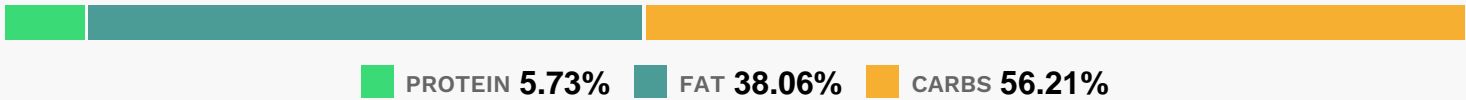
- ☐ bowl
- ☐ baking sheet
- ☐ sieve
- ☐ plastic wrap

☐ spatula

Directions

- ☐ Start by melting 4 ounces of 60% semi-sweet chocolate. The chocolate should not be super hot when you work with it, so test it by tasting. Body temperature is just perfect.
- ☐ Next put the cold, dry kumquats into a large bowl. Large enough that they can all roll about easily.
- ☐ Add the chocolate to the grapes one spoonful at a time; stirring and folding as you go. Scrape the sides of the bowl as you work with a rubber spatula. The idea is to build the chocolate up in coats as it hardens around the cold fruit. Keep working until the chocolate begins to set and the kumquats are completely covered.
- ☐ When the chocolate has nearly set, sprinkle about 2 tablespoons of cocoa over the chocolate covered kumquats. Use a small mesh strainer to cover them lightly little by little. Continue working by tossing and folding (I required 2 people to make this work, but if you have four hands you may be able to accomplish this on your own).
- ☐ Working the cocoa in gradually and moving them around the bowl allows them to harden as you go and not stick together. When they are well-coated and separated move them to a parchment covered baking sheet. Cover them with plastic wrap and refrigerate until you are ready to serve them.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:2.21, Inflammation Score:-3, Nutrition Score:3.4265218040218%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Naringenin: 21.69mg, Naringenin: 21.69mg, Naringenin: 21.69mg, Naringenin: 21.69mg Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 76.65kcal (3.83%), Fat: 3.67g (5.65%), Saturated Fat: 2g (12.52%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 8.92g (3.24%), Sugar: 8.42g (9.35%), Cholesterol: 0mg (0%), Sodium: 5.47mg (0.24%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Caffeine: 8.15mg (2.72%), Protein: 1.24g (2.49%), Vitamin C: 16.59mg (20.11%), Fiber: 3.29g (13.14%), Manganese: 0.13mg (6.48%), Copper: 0.12mg (6.09%), Magnesium: 22.4mg (5.6%), Iron: 0.7mg (3.9%), Vitamin B2: 0.06mg (3.45%), Potassium: 110.38mg (3.15%), Phosphorus: 27.19mg (2.72%), Calcium: 26.77mg (2.68%), Vitamin A: 109.62IU (2.19%), Zinc: 0.26mg (1.75%), Folate: 6.98µg (1.74%), Vitamin B3: 0.24mg (1.22%), Vitamin B1: 0.02mg (1.1%)