

Chocolate-Dipped Fruit

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces apricot dried
- 6 ounces semi chocolate chips
- 1 teaspoons shortening
- 1 pint strawberries fresh

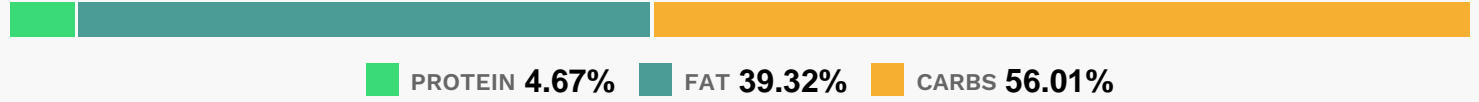
Equipment

- toothpicks
- microwave

Directions

- In a microwave, melt chocolate chips and shortening; stir until smooth. Spear fruit with toothpicks; dip into chocolate. Allow excess to drip off.
- Place on waxed paper or stick toothpicks into a block of Styrofoam to set.

Nutrition Facts



Properties

Glycemic Index:6.12, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:6.1369565336601%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 132.48kcal (6.62%), Fat: 6.03g (9.28%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 16.37g (5.95%), Sugar: 14.7g (16.33%), Cholesterol: 0.85mg (0.28%), Sodium: 3.25mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 1.61g (3.22%), Vitamin C: 23.33mg (28.28%), Manganese: 0.37mg (18.67%), Copper: 0.24mg (12.22%), Fiber: 2.96g (11.83%), Vitamin A: 522.68IU (10.45%), Potassium: 305.13mg (8.72%), Magnesium: 34.61mg (8.65%), Iron: 1.43mg (7.97%), Phosphorus: 56.38mg (5.64%), Vitamin E: 0.84mg (5.58%), Zinc: 0.49mg (3.24%), Vitamin B3: 0.64mg (3.19%), Folate: 10.88µg (2.72%), Vitamin K: 2.55µg (2.42%), Selenium: 1.66µg (2.37%), Calcium: 22.9mg (2.29%), Vitamin B6: 0.04mg (2.18%), Vitamin B5: 0.17mg (1.68%), Vitamin B2: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.08%)