



## Chocolate-Dipped Fruit Wreath

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



50 min.

SERVINGS



4

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounces semi chocolate chips (1 cup)
- 1 tablespoon shortening
- 6 cups mandarin orange segents fresh whole assorted ( strawberries, grapes, mandarin orange segents, cherries)

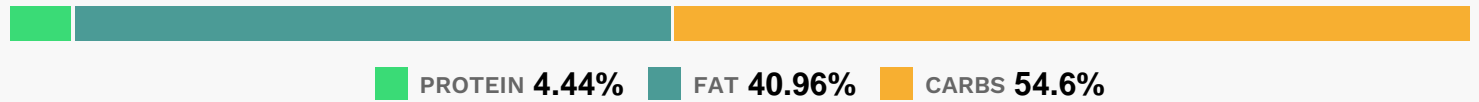
### Equipment

- frying pan
- sauce pan

## Directions

- Line jelly roll pan, 15 1/2x10 1/2x1 inch, with waxed paper.
- Heat chocolate chips and shortening in 1-quart saucepan over low heat, stirring frequently, until smooth; remove from heat.
- Dip half of each piece of fruit into chocolate.
- Place in pan.
- Refrigerate uncovered about 30 minutes or until chocolate is firm. Arrange fruit on plate in wreath shape.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:14.13, Inflammation Score:-9, Nutrition Score:18.167391352032%

## Flavonoids

Hesperetin: 23.22mg, Hesperetin: 23.22mg, Hesperetin: 23.22mg, Hesperetin: 23.22mg Naringenin: 29.31mg, Naringenin: 29.31mg, Naringenin: 29.31mg, Naringenin: 29.31mg

## Nutrients (% of daily need)

Calories: 429.53kcal (21.48%), Fat: 20.4g (31.38%), Saturated Fat: 10.28g (64.27%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 52.53g (19.1%), Sugar: 46.62g (51.8%), Cholesterol: 2.55mg (0.85%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 4.97g (9.94%), Vitamin C: 78.1mg (94.66%), Vitamin A: 2013.19IU (40.26%), Fiber: 8.67g (34.67%), Manganese: 0.68mg (33.88%), Copper: 0.65mg (32.68%), Magnesium: 109.94mg (27.49%), Potassium: 726.66mg (20.76%), Iron: 3.13mg (17.38%), Phosphorus: 169.06mg (16.91%), Calcium: 134.62mg (13.46%), Vitamin B1: 0.18mg (12.26%), Vitamin B6: 0.24mg (12.13%), Folate: 46.8µg (11.7%), Zinc: 1.33mg (8.88%), Vitamin B5: 0.78mg (7.81%), Vitamin B2: 0.13mg (7.42%), Vitamin B3: 1.46mg (7.28%), Vitamin E: 1.03mg (6.88%), Selenium: 3.86µg (5.52%), Vitamin K: 4.76µg (4.54%), Vitamin B12: 0.08µg (1.28%)