



Chocolate-Dipped Nougat with Dried Apricots



Gluten Free



Dairy Free

READY IN



302 min.

SERVINGS



16

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apricots dried quartered
- ☐ 2 egg whites at room temperature
- ☐ 0.3 cup honey
- ☐ 1.5 cups semi chocolate chips melted
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water

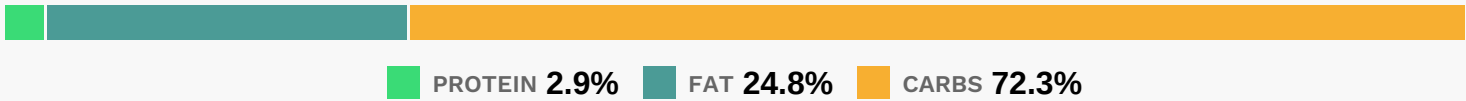
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ stand mixer
- ☐ spatula
- ☐ candy thermometer

Directions

- ☐ Special equipment: a candy thermometer
- ☐ Spray a 9 by 5-inch loaf pan with vegetable cooking spray. Line the bottom and sides of the pan with waxed paper, allowing the paper to overhang by 2-inches on each side. Lightly spray the waxed paper inside the pan.
- ☐ In a 2-quart saucepan, combine the sugar, water, and honey over low heat. Stir until the sugar dissolves. Bring to a simmer, and cook until the syrup turns amber and registers 315 degrees F on a candy thermometer, about 15 to 20 minutes.
- ☐ While the syrup is cooking, in a stand mixer fitted with the whisk attachment, beat the egg whites until they hold soft peaks, about 2 minutes.
- ☐ With the mixer running on low speed, slowly pour the syrup into the egg whites. Increase the speed to high and beat until the mixture is very thick, about 7 minutes. Beat in the vanilla extract. Fold in 1/2 of the apricots. Using a spatula sprayed with cooking spray, scrape the mixture into the prepared loaf pan.
- ☐ Sprinkle the remaining apricots on top. Fold the overhanging pieces of waxed paper onto the surface of the mixture. Refrigerate until firm, about 4 hours.
- ☐ Line a baking sheet with waxed paper.
- ☐ Remove the waxed paper from the nougat and discard. Using a knife sprayed with cooking spray, cut the nougat in half lengthwise.
- ☐ Cut each half into 8 pieces. Dip 1 end of the nougat into the melted chocolate and place on the prepared baking sheet. Refrigerate until firm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.74, Glycemic Load:21.23, Inflammation Score:-3, Nutrition Score:3.70130434114%

Nutrients (% of daily need)

Calories: 232.31kcal (11.62%), Fat: 6.59g (10.14%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 43.26g (14.42%), Net Carbohydrates: 41.3g (15.02%), Sugar: 39.89g (44.32%), Cholesterol: 1.01mg (0.34%), Sodium: 9.39mg (0.41%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 14.51mg (4.84%), Protein: 1.73g (3.47%), Manganese: 0.25mg (12.45%), Copper: 0.24mg (12.19%), Magnesium: 32.89mg (8.22%), Fiber: 1.95g (7.81%), Iron: 1.32mg (7.34%), Vitamin A: 301.26IU (6.03%), Potassium: 199.67mg (5.7%), Phosphorus: 50.43mg (5.04%), Selenium: 2.54µg (3.63%), Zinc: 0.49mg (3.3%), Vitamin E: 0.45mg (3.01%), Vitamin B2: 0.04mg (2.22%), Vitamin B3: 0.36mg (1.82%), Calcium: 15.9mg (1.59%), Vitamin K: 1.47µg (1.4%), Vitamin B5: 0.1mg (1.03%)