



Chocolate-Dipped Spoons



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



35

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 35 servings garnish: candies for decorating
- 12 oz semi-sweet chocolate chips
- 2 teaspoons shortening
- 35 plastic spoons
- 35 plastic spoons

Equipment

- bowl
- baking sheet

baking paper

microwave

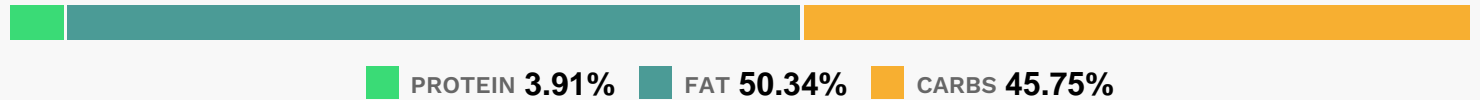
Directions

Line baking sheets with parchment paper; set aside.

Place chocolate chips in a microwave-safe bowl; microwave on medium for 2 minutes, or until melted, stirring every 30 seconds.

Add shortening to thin the chocolate; stir gently. Dip each plastic spoon into chocolate mixture to cover the bowl of the spoon; place on parchment paper to set. Arrange candies on spoons as desired while chocolate is still soft; let cool completely.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7021739307953%

Nutrients (% of daily need)

Calories: 134.07kcal (6.7%), Fat: 7.51g (11.55%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 14.17g (5.15%), Sugar: 12.95g (14.39%), Cholesterol: 2.83mg (0.94%), Sodium: 11.18mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.36mg (2.79%), Protein: 1.31g (2.62%), Manganese: 0.13mg (6.44%), Copper: 0.12mg (6.07%), Fiber: 1.18g (4.73%), Iron: 0.8mg (4.44%), Magnesium: 17.11mg (4.28%), Phosphorus: 25.27mg (2.53%), Calcium: 23.43mg (2.34%), Zinc: 0.26mg (1.72%), Potassium: 55.11mg (1.57%), Selenium: 0.82µg (1.17%)