



Chocolate-Dipped Strawberries

 Gluten Free

READY IN



40 min.

SERVINGS



36

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 ounce baker's real milk dipping chocolate
- 36 medium strawberries

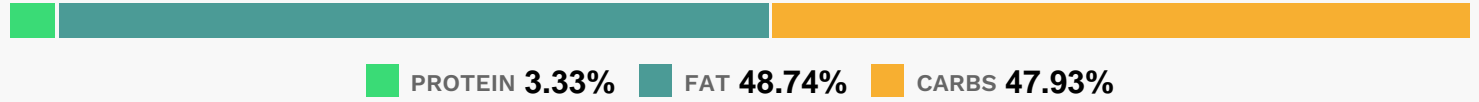
Equipment

- baking sheet
- wax paper

Directions

- Melt chocolate as directed on package.
- Dip strawberries into chocolate; let excess chocolate drip off.
- Place on wax paper-covered baking sheet or tray.
- Let stand at room temperature or store in refrigerator for 30 min. or until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.1565217582266%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 31.79kcal (1.59%), Fat: 1.92g (2.96%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.71g (1.35%), Sugar: 3.42g (3.81%), Cholesterol: 0mg (0%), Sodium: 1mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.64mg (1.21%), Protein: 0.3g (0.59%), Vitamin C: 7.06mg (8.55%), Manganese: 0.07mg (3.68%), Fiber: 0.54g (2.17%), Magnesium: 7.79mg (1.95%), Copper: 0.04mg (1.87%), Iron: 0.2mg (1.12%), Phosphorus: 10.98mg (1.1%)