



## Chocolate-Dipped Strawberries

READY IN



15 min.

SERVINGS



8

CALORIES



423 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tablespoons plus light
- ☐ 6 tablespoons heavy cream
- ☐ 0.5 teaspoon coffee granules instant
- ☐ 8 servings long-stemmed strawberries for serving
- ☐ 3 tablespoons orange liqueur (recommend: Grand Marnier)
- ☐ 1 teaspoon orange zest grated
- ☐ 7 ounces bittersweet chocolate such as callebaut, chopped

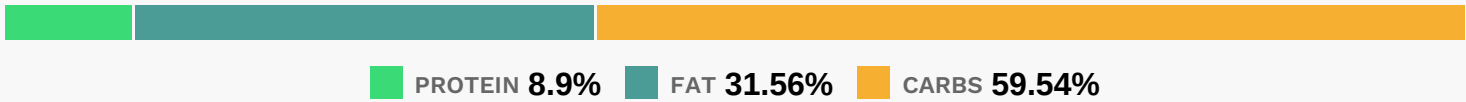
### Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ In a heat-proof bowl set over (but not touching) simmering water, heat the cream and orange zest.
- ☐ Add the chocolate, coffee, orange liqueur, and corn syrup and stir constantly until the chocolate is just melted and smooth. Keep the chocolate warm in a fondue pot or in a glass bowl set over the simmering water.
- ☐ Serve the warm chocolate with a large plate of long stemmed strawberries for dipping.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:17.61, Inflammation Score:-4, Nutrition Score:10.505652230719%

## Nutrients (% of daily need)

Calories: 422.99kcal (21.15%), Fat: 14.44g (22.21%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 61.28g (20.43%), Net Carbohydrates: 57.48g (20.9%), Sugar: 16.97g (18.85%), Cholesterol: 14.2mg (4.73%), Sodium: 12.77mg (0.56%), Alcohol: 1.46g (100%), Alcohol %: 1.79% (100%), Caffeine: 24.76mg (8.25%), Protein: 9.16g (18.31%), Selenium: 37.88µg (54.11%), Manganese: 0.84mg (42.22%), Copper: 0.48mg (23.76%), Magnesium: 74.61mg (18.65%), Phosphorus: 177.44mg (17.74%), Fiber: 3.8g (15.21%), Iron: 2.32mg (12.86%), Zinc: 1.5mg (10%), Potassium: 280.7mg (8.02%), Vitamin B3: 1.2mg (5.98%), Vitamin B6: 0.09mg (4.62%), Vitamin B1: 0.06mg (4.29%), Vitamin B2: 0.07mg (3.99%), Vitamin A: 178.83IU (3.58%), Calcium: 35.83mg (3.58%), Vitamin B5: 0.35mg (3.46%), Folate: 10.6µg (2.65%), Vitamin K: 2.2µg (2.1%), Vitamin E: 0.31mg (2.08%), Vitamin D: 0.18µg (1.2%), Vitamin B12: 0.06µg (1.04%)