



Chocolate-Dipped Strawberries

 Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



18

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups rice (18 to 20 strawberries)
- 0.5 cup semi chocolate chips white
- 1 teaspoon vegetable oil

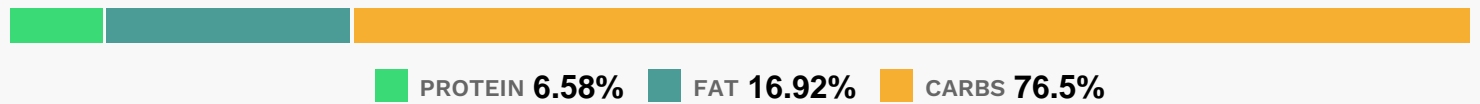
Equipment

- baking sheet
- paper towels
- sauce pan

Directions

- Gently rinse strawberries and dry on paper towels (berries must be completely dry). Line cookie sheet with waxed paper.
- In 1-quart saucepan, melt chocolate chips and shortening over low heat, stirring frequently.
- Remove from heat.
- Dip lower half of each strawberry into chocolate mixture; allow excess to drip back into saucepan.
- Place on waxed paper-lined cookie sheet.
- Refrigerate uncovered about 30 minutes or until chocolate is firm, or until ready to serve. Store covered in refrigerator so chocolate does not soften (if made with oil, chocolate will soften more quickly at room temperature).

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:16.46, Inflammation Score:-2, Nutrition Score:4.0226087228436%

Nutrients (% of daily need)

Calories: 125.27kcal (6.26%), Fat: 2.3g (3.54%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.29g (8.11%), Sugar: 1.84g (2.04%), Cholesterol: 0.3mg (0.1%), Sodium: 0.76mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.01g (4.03%), Manganese: 0.34mg (16.94%), Folate: 60.72µg (15.18%), Vitamin B1: 0.15mg (10.01%), Iron: 1.43mg (7.93%), Selenium: 4.39µg (6.27%), Copper: 0.12mg (5.88%), Vitamin B3: 1.12mg (5.62%), Fiber: 1.14g (4.54%), Phosphorus: 37.97mg (3.8%), Magnesium: 14.85mg (3.71%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.33%), Potassium: 48.33mg (1.38%)