



## Chocolate-Dipped Strawberries

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 ounces semi chocolate chips
- 2 quarts strawberries fresh
- 0.3 cup whipping cream

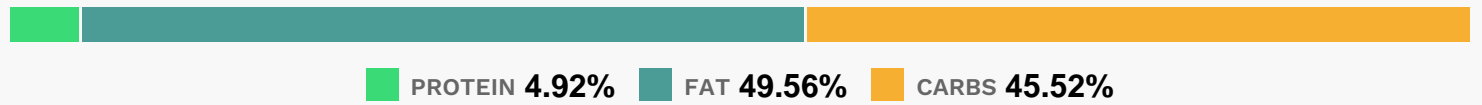
### Equipment

- bowl
- paper towels
- wax paper
- microwave

# Directions

- Rinse strawberries, and pat completely dry with paper towels (chocolate will not stick to wet strawberries). Set aside.
- Microwave chocolate morsels and whipping cream in a 1-quart microwave-safe bowl at MEDIUM (50% power) 3 1/2 minutes. Stir until smooth.
- Grasp strawberries by the stem, and dip into melted chocolate, allowing excess to drip.
- Place on wax paper, and let stand until chocolate hardens.

# Nutrition Facts



## Properties

Glycemic Index:0.83, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:3.4347826734833%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 57.87kcal (2.89%), Fat: 3.28g (5.05%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.42g (1.97%), Sugar: 4.57g (5.07%), Cholesterol: 1.83mg (0.61%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 0.73g (1.47%), Vitamin C: 23.19mg (28.11%), Manganese: 0.25mg (12.31%), Fiber: 1.36g (5.42%), Copper: 0.11mg (5.38%), Magnesium: 17.69mg (4.42%), Iron: 0.61mg (3.39%), Potassium: 101.69mg (2.91%), Phosphorus: 28.61mg (2.86%), Folate: 9.51µg (2.38%), Zinc: 0.25mg (1.64%), Vitamin K: 1.42µg (1.35%), Calcium: 11.52mg (1.15%), Selenium: 0.79µg (1.13%), Vitamin E: 0.17mg (1.12%), Vitamin B6: 0.02mg (1.07%), Vitamin B3: 0.21mg (1.06%)