



Chocolate Dipped Strawberries



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces chocolate dark
- ☐ 24 strawberries fresh
- ☐ 6 ounces chocolate white

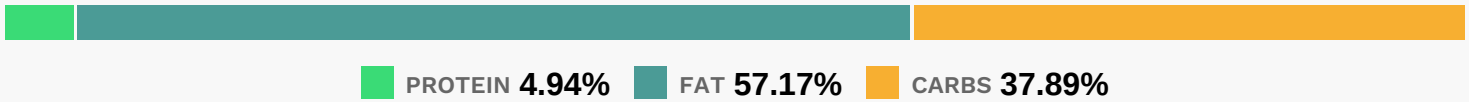
Equipment

- ☐ double boiler
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Wash and dry the strawberries, making sure the berries are fully dry as water will cause chocolate to seize up.2 Melt the white chocolate in a double boiler or microwave. Follow the melting directions on the package. 3 Dip the strawberry in the white chocolate, holding onto the stem or the "shoulders" of the strawberry. Give it a quick little twist and shake with your fingers to shake off the excess and then point it at the ceiling for a second or two to ensure that the chocolate adheres.
- ☐ Place on a piece of wax paper to let dry. 4 Melt the dark chocolate according to the instructions on the package. Dip the strawberry in at a 45 degree angle from both sides to make the "jacket".
- ☐ Let the excess drip off.
- ☐ Place on wax paper to dry. 5
- ☐ Place some melted dark chocolate into a piping bag with a very small tip, or in a ziplock bag with the little corner snipped off and pipe on buttons and bow tie.6 Allow to dry and cool. (If drying seems to go too slowly, place them in the freezer for about 3-5 minutes.)Best eaten the day they are made.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:3.0547826069853%

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: 98.55kcal (4.93%), Fat: 6.34g (9.75%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.17g (2.97%), Sugar: 7.04g (7.82%), Cholesterol: 1.77mg (0.59%), Sodium: 8.39mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.56mg (2.52%), Protein: 1.23g (2.47%), Manganese: 0.23mg (11.55%), Copper: 0.18mg (8.84%), Vitamin C: 7.09mg (8.6%), Iron: 1.19mg (6.62%), Magnesium: 23.96mg (5.99%), Fiber: 1.28g (5.14%), Phosphorus: 44.46mg (4.45%), Potassium: 106.2mg (3.03%), Zinc: 0.38mg (2.55%), Calcium: 22.92mg (2.29%), Vitamin B2: 0.03mg (1.76%), Vitamin K: 1.6µg (1.52%), Selenium: 1.01µg (1.44%), Vitamin B12: 0.07µg (1.1%), Vitamin E: 0.16mg (1.06%)