



## Chocolate, Fruit, and Nut Clusters

 Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 ounces baking bar such as ghirardelli chopped
- 0.5 cup cranberries dried
- 3 ounces milk chocolate bar chopped
- 0.5 cup pecans toasted coarsely chopped

## Equipment

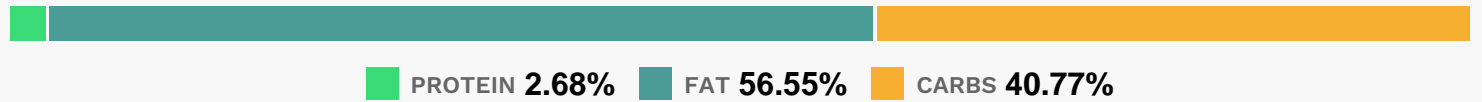
- bowl
- baking sheet
- wax paper

microwave

## Directions

- Place the semisweet chocolate and milk chocolate in a medium microwave-safe bowl. Microwave on HIGH 1 minute. Stir; microwave 30 seconds. Stir until chocolate is completely melted.
- Stir in the cranberries and pecans. Immediately drop by level teaspoonfuls onto a wax paper-lined baking sheet. Refrigerate until chocolate is set, about 30 minutes. Clusters will keep in the refrigerator up to 5 days.

## Nutrition Facts



## Properties

Glycemic Index:0.36, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0130434840432%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 52.89kcal (2.64%), Fat: 3.46g (5.32%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.5g (5%), Cholesterol: 0.18mg (0.06%), Sodium: 0.41mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Manganese: 0.13mg (6.68%), Copper: 0.06mg (3.13%), Fiber: 0.54g (2.18%), Magnesium: 7.79mg (1.95%), Iron: 0.25mg (1.39%), Phosphorus: 13.46mg (1.35%), Zinc: 0.17mg (1.14%)