



Chocolate-Hazelnut Dipped Fruit



Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium bananas peeled cut into 16 1/2-inch slices
- ☐ 1 cup hazelnuts chopped
- ☐ 0.5 cup heavy cream
- ☐ 0.3 pineapple cored peeled cut into 16 1/2-inch chunks
- ☐ 0.5 cup grapes red seedless
- ☐ 12 ounces semi chocolate chips
- ☐ 1 teaspoon vegetable oil

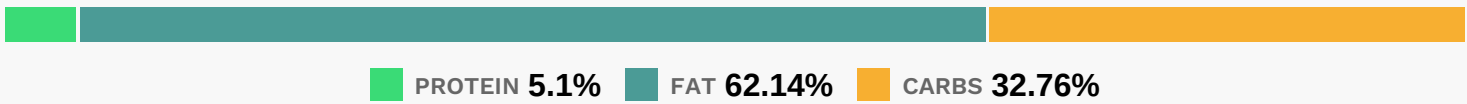
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Special equipment: 16 (4-inch) skewers or toothpicks
- ☐ Line a baking sheet with waxed paper or parchment paper. Set aside. Using paper towels, pat the pineapple pieces dry. Thread the skewers starting with a piece of pineapple, then a banana slice and then a grape. Repeat with the remaining fruit and skewers.
- ☐ In a small bowl, combine the cream, chocolate chips, and oil. Set the bowl over a pan of simmering water and stir until the chocolate has melted and the mixture is smooth, about 5 minutes.
- ☐ Put the hazelnuts in another small bowl.
- ☐ Dip 1 side of the skewered fruit into the chocolate mixture. Allow any excess chocolate to drip off and then dip the skewer into the chopped nuts.
- ☐ Place the skewers, chocolate side up, on the prepared pan. Refrigerate until the chocolate has set, about 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:3.05, Inflammation Score:-4, Nutrition Score:7.9234782457352%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 15.74g (24.22%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 15.63g (5.68%), Sugar: 12.27g (13.64%), Cholesterol: 9.68mg (3.23%), Sodium: 4.52mg (0.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 2.91g (5.82%), Manganese: 0.92mg (45.96%), Copper: 0.43mg (21.41%), Magnesium: 56.18mg (14.04%), Fiber: 3.05g (12.21%), Vitamin C: 8.71mg (10.56%), Iron: 1.8mg (10%), Vitamin E: 1.37mg (9.12%), Phosphorus: 86.67mg (8.67%), Potassium: 255.85mg (7.31%), Vitamin B6: 0.13mg (6.3%), Zinc: 0.81mg (5.38%), Vitamin B1: 0.08mg (5.03%), Vitamin K: 4.21µg (4.01%), Folate: 14.36µg (3.59%), Selenium: 2.36µg (3.37%), Vitamin B2: 0.05mg (3.03%), Calcium: 29.69mg (2.97%), Vitamin A: 142.22IU (2.84%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.23mg (2.33%)