



 **6%**  
HEALTH SCORE

## Chocolate nut spread

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



**45 min.**

SERVINGS



**20**

CALORIES



**156 kcal**

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.5 cup vanilla almond milk
- 1 cup almonds
- 0.5 cup chocolate chips
- 2 Tablespoons coconut oil
- 1 cup hazelnuts
- 1 cup medjool dates
- 0.3 cup cocoa powder unsweetened
- 0.5 cup walnuts

5 tbsp water

## Equipment

food processor

baking sheet

oven

pot

## Directions

Preheat your oven at 350. On a cookie sheet, spread the hazelnuts, the almonds, the walnuts and put them in the oven for 10–12 minutes. In the meantime, cook your dates with the water for 5 minutes in a small pot. When it's all in puree, melt in your chocolate chunks, the coconut oil and stir in the cocoa powder. When your nuts are roasted, put them in the food processor and mix until you see it starts to turn into butter, about 3–4 minutes. I find it's faster when the nuts are still hot compared to cold ones.

Add in the chocolate and continue mixing until it's a paste. Put in the almond milk and you will get a nice smooth texture, really spreadable.

## Nutrition Facts

 **PROTEIN 7.65%**  **FAT 63.97%**  **CARBS 28.38%**

## Properties

Glycemic Index: 3.35, Glycemic Load: 0.17, Inflammation Score: -2, Nutrition Score: 6.0821739130435%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Taste

Sweetness: 100%, Saltiness: 20.49%, Sourness: 13.43%, Bitterness: 36.37%, Savoriness: 37.18%, Fattiness: 79.74%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 156.06kcal (7.8%), Fat: 12.03g (18.51%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 9.43g (3.43%), Sugar: 8.13g (9.03%), Cholesterol: 0mg (0%), Sodium: 8.74mg (0.38%), Protein: 3.24g (6.47%), Manganese: 0.7mg (34.84%), Vitamin E: 2.75mg (18.36%), Copper: 0.29mg (14.57%), Magnesium: 43.08mg (10.77%), Fiber: 2.58g (10.32%), Phosphorus: 74.36mg (7.44%), Vitamin B2: 0.1mg (5.86%), Potassium: 186.46mg (5.33%), Iron: 0.85mg (4.71%), Calcium: 45.86mg (4.59%), Vitamin B1: 0.07mg (4.52%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.57mg (3.78%), Folate: 14.24µg (3.56%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.17mg (1.67%), Vitamin K: 1.16µg (1.11%), Selenium: 0.73µg (1.05%)