



Chocolate Nutella Cups



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

CONDIMENT

DIP

SPREAD

Ingredients



8 oz chocolate chips canned (I used bittersweet, but if you prefer sweeter you can use milk chocolate or semisweet chocolate)



0.5 cup nutella

Equipment



bowl



wooden spoon



microwave



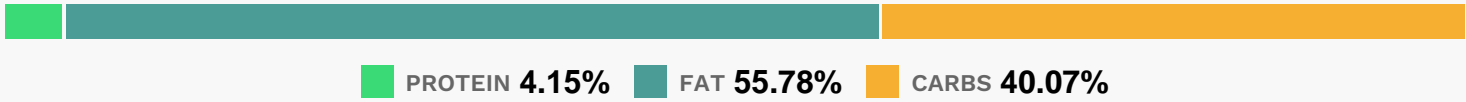
muffin liners

☐ mini muffin tray

Directions

- ☐ Line mini muffin pan with cupcake liners. Put chocolate chips into a microwave safe bowl and microwave for about 30 seconds.
- ☐ Mix with large wooden spoon. Microwave again for 30 seconds. Stir again. if chocolate is not yet completely melted and smooth, repeat for another 30 second interval.
- ☐ Take a small spoon and scoop some melted chocolate into the bottom of each cupcake line so that it completely lines the bottom (you want it thick enough to hold in the Nutella but not too thick so that you don't have room for filling the cups). Take the back of the spoon and dip into chocolate and line the inner sides of the cupcake liners with chocolate as well. Repeat with all cupcake liners. Once the inside of the cupcake liners has been completely coated with chocolate, put in the refrigerator to harden, for about 20 minutes.
- ☐ Remove liners from fridge after the chocolate has hardened. Take spoonful of Nutella and place into each chocolate cup. Take a spoonful of the remaining melted chocolate and pour on top of Nutella filling until you can no longer see the Nutella. Attempt to smooth top with back of spoon. Repeat with remaining cups.
- ☐ Place cups in fridge for another 20 minutes until chocolate is hardened.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:2.09, Inflammation Score:-2, Nutrition Score:4.1900000345448%

Nutrients (% of daily need)

Calories: 176.8kcal (8.84%), Fat: 10.95g (16.85%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 15.52g (5.64%), Sugar: 13.69g (15.21%), Cholesterol: 1.13mg (0.38%), Sodium: 7.01mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.13mg (5.71%), Protein: 1.83g (3.67%), Manganese: 0.36mg (17.95%), Copper: 0.29mg (14.72%), Magnesium: 41.26mg (10.32%), Iron: 1.74mg (9.68%), Fiber: 2.19g (8.75%), Phosphorus: 68.14mg (6.81%), Vitamin E: 0.73mg (4.88%), Potassium: 158.04mg (4.52%), Zinc: 0.63mg (4.22%), Selenium: 2.04µg (2.91%), Calcium: 25.22mg (2.52%), Vitamin B2: 0.03mg (1.79%), Vitamin K: 1.6µg (1.52%), Vitamin B12: 0.07µg (1.13%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.06%), Vitamin B5: 0.1mg (1.01%)