



Chocolate-Pistachio Apricots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 large apricots dried
- ☐ 0.5 cup pistachios finely chopped
- ☐ 6 ounces bittersweet chocolate chopped

Equipment

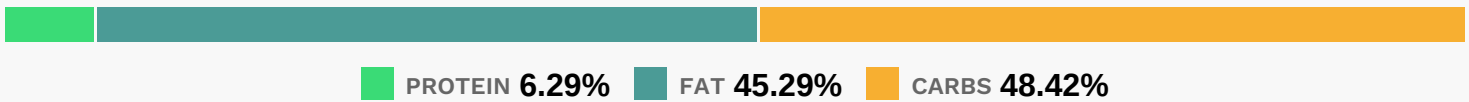
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

- ☐ knife
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Line a baking sheet with waxed paper. Put pistachios in a shallow bowl.
- ☐ Melt chocolate (see Melting Chocolate: Be Gentle,? below).
- ☐ Remove from heat. Holding apricots from one end, dip them 1 at a time into the chocolate, turning to coat about 3/4 of the apricot. Use a knife to scrape excess chocolate off the bottom back into bowl. Hold apricot over bowl of pistachios and sprinkle the nuts over the chocolate.
- ☐ Put apricot (nut side down) on baking sheet and repeat with remaining apricots. Chill until chocolate is set, about 1 hour. Store in an airtight container between sheets of waxed paper in the refrigerator for up to 2 weeks.
- ☐ Melting chocolate: Be gentle. Fill a saucepan with 2 to 3 in. of water. Put finely chopped chocolate in a heatproof bowl that will fit over pan (the bottom of the bowl should not touch the water); set bowl aside. Bring water to a boil, turn off heat, then set bowl over pan. Use a heatproof spatula or wooden spoon to stir the chocolate frequently and encourage even melting. Once the chocolate is melted, stir well and use immediately.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:1.56, Inflammation Score:-3, Nutrition Score:2.6095652444207%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 74.72kcal (3.74%), Fat: 3.92g (6.03%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.01g (2.91%), Sugar: 7.07g (7.86%), Cholesterol: 0.43mg (0.14%), Sodium: 1.53mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.22g (2.45%), Copper: 0.15mg (7.46%), Manganese: 0.14mg (7.17%), Vitamin A: 302.5IU (6.05%), Fiber: 1.41g (5.66%), Potassium: 159.25mg (4.55%), Magnesium: 18.13mg (4.53%), Iron: 0.76mg (4.23%), Phosphorus: 36.66mg (3.67%), Vitamin E: 0.45mg (2.98%), Vitamin B6: 0.06mg (2.87%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.72%), Vitamin B3: 0.3mg (1.5%), Selenium: 0.95µg (1.36%), Calcium: 11.48mg (1.15%)