




Chocolate Pistachio Energy Bites


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



15

CALORIES



110 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 0.5 cup pistachios hulled
- 0.5 cup coconut shredded sweetened
- 0.3 cup cocoa powder
- 0.3 salt with ¼ teaspoon and add more to taste
- 1 teaspoon vanilla
- 14 medjool dates pitted
- 15 servings chocolate (mixed dark shredded with a touch of coconut oil), cocoa powder, and coconut for topping

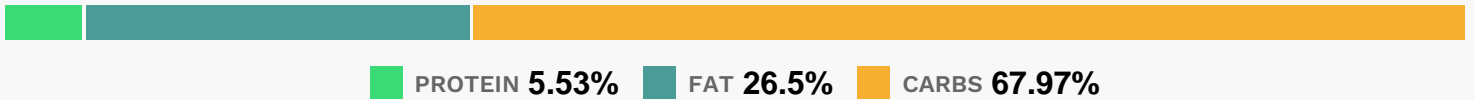
Equipment

- food processor

Directions

- Soak the dates in warm water for about 10 minutes.
- Drain.
- In your food processor, combine pistachios, shredded coconut, cocoa powder, and salt. Pulse until finely ground.
- Add in vanilla and the softened mejool dates and pulse until a ball forms.
- Roll into bite sized balls (mine were about tablespoons) and dip immediately in to cocoa powder, shredded coconut, or my personal favorite dark chocolate that's been melted with a *hint* of coconut oil.
- Enjoy immediately! Store the leftovers in an airtight container in the fridge.
- NOTES
- Cocoa powder is extremely bitter, so make sure you like the taste before rolling all of them in cocoa powder. My personal favorites are the shredded coconut or dark chocolate! :)

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.6773913043478%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Taste

Sweetness: 100%, Saltiness: 10.9%, Sourness: 16.46%, Bitterness: 18.13%, Savoriness: 45.54%, Fattiness: 45.1%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 110.14kcal (5.51%), Fat: 3.58g (5.51%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 17.98g (6.54%), Sugar: 16.8g (18.66%), Cholesterol: 0.03mg (0.01%), Sodium: 8.65mg (0.38%), Caffeine: 4.1mg (1.37%), Protein: 1.68g (3.36%), Manganese: 0.26mg (13.24%), Copper: 0.22mg (10.8%), Fiber: 2.7g (10.79%), Magnesium: 28.02mg (7.01%), Vitamin B6: 0.14mg (6.79%), Potassium: 237.37mg (6.78%), Phosphorus: 50.8mg (5.08%), Iron: 0.74mg (4.1%), Vitamin B1: 0.05mg (3.29%), Zinc: 0.37mg (2.5%), Vitamin B3: 0.47mg (2.36%), Vitamin B5: 0.23mg (2.31%), Calcium: 21.69mg (2.17%), Folate: 6.15µg (1.54%), Selenium: 1.06µg (1.52%), Vitamin B2: 0.03mg (1.48%), Vitamin A: 50.78IU (1.02%)