



Chocolate Salami

 Vegetarian  Gluten Free  Low Fod Map

READY IN



490 min.

SERVINGS



1

CALORIES



2982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds chopped
- 0.5 cup butter melted
- 1 pound chestnut purée sweetened
- 0.5 cup cocoa powder unsweetened (such as Hershey's®)
- 0.5 cup walnuts chopped
- 0.5 cup sugar white

Equipment

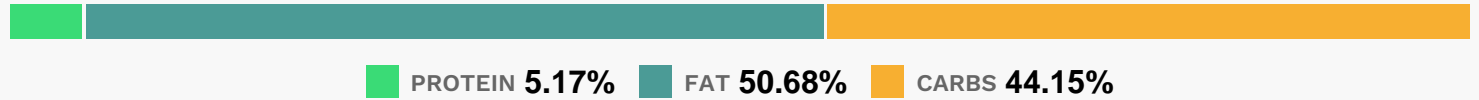
- bowl

wax paper

Directions

Stir together the sugar, cocoa powder, butter, and chestnut puree in a bowl. Fold in the almonds and walnuts until evenly blended. Pat the mixture into a log and wrap tightly with wax paper. Refrigerate overnight before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:204.09, Glycemic Load:179.5, Inflammation Score:-10, Nutrition Score:64.465652331062%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Catechin: 28.83mg, Catechin: 28.83mg, Catechin: 28.83mg, Catechin: 28.83mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 84.89mg, Epicatechin: 84.89mg, Epicatechin: 84.89mg, Epicatechin: 84.89mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 2982.45kcal (149.12%), Fat: 177.75g (273.46%), Saturated Fat: 69.18g (432.36%), Carbohydrates: 348.38g (116.13%), Net Carbohydrates: 319.61g (116.22%), Sugar: 105.26g (116.95%), Cholesterol: 244.02mg (81.34%), Sodium: 750.79mg (32.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 98.9mg (32.97%), Protein: 40.84g (81.67%), Manganese: 6.81mg (340.45%), Copper: 5.2mg (259.97%), Vitamin C: 183.1mg (221.95%), Magnesium: 638.4mg (159.6%), Vitamin E: 21.39mg (142.6%), Fiber: 28.77g (115.07%), Phosphorus: 1061.55mg (106.16%), Potassium: 3660.31mg (104.58%), Vitamin B6: 2.06mg (103.14%), Folate: 369.04µg (92.26%), Iron: 14.67mg (81.49%), Vitamin B1: 1.04mg (69.23%), Vitamin B2: 1.14mg (66.86%), Zinc: 9.3mg (62.01%), Vitamin A: 2966.71IU (59.33%), Vitamin B3: 9.23mg (46.14%), Calcium: 419.13mg (41.91%), Vitamin B5: 3.06mg (30.62%), Selenium: 13.68µg (19.55%), Vitamin K: 10.6µg (10.09%), Vitamin B12: 0.19µg (3.22%)