

Chocolate Spoons

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup milk chocolate chips
- 1 cup semi chocolate chips

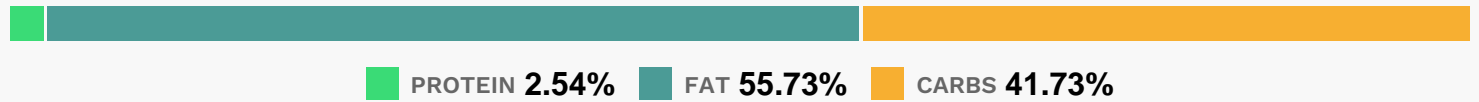
Equipment

- bowl
- ziploc bags
- wax paper
- microwave

Directions

- In a microwave safe bowl, melt semisweet chocolate pieces in microwave for 2 to 3 minutes and stir until smooth. Dip spoons into chocolate. Put spoons onto wax paper and refrigerate until chocolate hardens.
- Melt milk chocolate pieces in microwave for 2 to 3 minutes and stir until smooth.
- Place chocolate into plastic bag and cut off a corner.
- Drizzle melted chocolate over spoons. Refrigerate until chocolate hardens.
- Wrap each spoon separately and store in a cool dry place,

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4008695703486%

Nutrients (% of daily need)

Calories: 85.86kcal (4.29%), Fat: 5.38g (8.27%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 8.34g (3.03%), Sugar: 7.16g (7.96%), Cholesterol: 0.54mg (0.18%), Sodium: 0.9mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 0.55g (1.1%), Manganese: 0.12mg (5.96%), Copper: 0.11mg (5.62%), Magnesium: 15.84mg (3.96%), Iron: 0.57mg (3.16%), Fiber: 0.72g (2.88%), Phosphorus: 23.4mg (2.34%), Potassium: 70.32mg (2.01%), Zinc: 0.24mg (1.59%), Selenium: 0.76µg (1.08%), Calcium: 10.4mg (1.04%)