



Chocolate Strawberries



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



1

CALORIES



972 kcal

SIDE DISH

Ingredients

- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 1 pint strawberries fresh with leaves

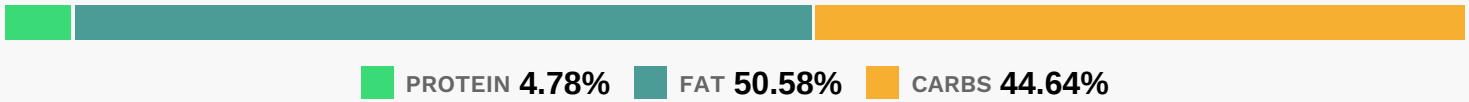
Equipment

- ☐ bowl
- ☐ wire rack
- ☐ double boiler
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, or in the top of a double boiler over simmering water, cook chocolate until melted. Stir occasionally until chocolate is smooth. Holding berries by the stem, dip each one in molten chocolate, about three-quarters of the way to the stem.
- ☐ Place, stem side down, on wire rack and chill in refrigerator until hardened.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:10.75, Inflammation Score:-9, Nutrition Score:35.122608423233%

Flavonoids

Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 972.14kcal (48.61%), Fat: 55.72g (85.73%), Saturated Fat: 31.3g (195.62%), Carbohydrates: 110.64g (36.88%), Net Carbohydrates: 89.84g (32.67%), Sugar: 75.17g (83.53%), Cholesterol: 8.5mg (2.83%), Sodium: 18.91mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 121.9mg (40.63%), Protein: 11.85g (23.69%), Vitamin C: 278.23mg (337.25%), Manganese: 3.7mg (185.23%), Copper: 2mg (99.81%), Fiber: 20.8g (83.21%), Magnesium: 310.99mg (77.75%), Iron: 10.9mg (60.55%), Phosphorus: 482.11mg (48.21%), Potassium: 1527.67mg (43.65%), Zinc: 4.42mg (29.46%), Folate: 113.56µg (28.39%), Selenium: 13.8µg (19.71%), Vitamin K: 20.62µg (19.63%), Calcium: 163.59mg (16.36%), Vitamin B3: 3.01mg (15.07%), Vitamin E: 2.21mg (14.72%), Vitamin B6: 0.27mg (13.53%), Vitamin B1: 0.16mg (10.59%), Vitamin B2: 0.17mg (10.21%), Vitamin B5: 1.02mg (10.17%), Vitamin B12: 0.26µg (4.25%), Vitamin A: 127.65IU (2.55%)