



Chocolate-Strawberry Licorice Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

Ingredients



1 tablespoon sprinkles



1 cup semi chocolate chips



12 oz strawberries

Equipment



bowl



frying pan



baking sheet

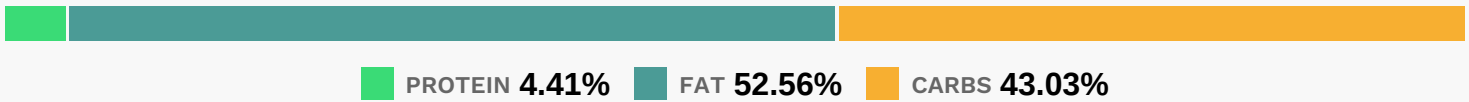


microwave

Directions

- ☐ Line a baking sheet with parchment.
- ☐ Cut Twizzlers into 1 1/2-inch lengths; set on baking sheet in a single layer.
- ☐ Place chocolate chips in a microwave-safe bowl and microwave on 50 percent power for 15 seconds. Stir and microwave for 15 seconds longer. Stir again. Continue to cook and stir until chocolate chips are melted and smooth. (Alternatively, melt chips in a bowl set over a pan of simmering water.)
- ☐ Dip a fork into chocolate and wave back and forth over Twizzler pieces.
- ☐ Sprinkle with nonpareils.
- ☐ Let stand until chocolate has set.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:4.7104347555534%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.45mg, Pelargonidin: 8.45mg, Pelargonidin: 8.45mg, Pelargonidin: 8.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 119.34kcal (5.97%), Fat: 7.05g (10.85%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 10.87g (3.95%), Sugar: 9.18g (10.2%), Cholesterol: 1.08mg (0.36%), Sodium: 2.14mg (0.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 1.33g (2.66%), Vitamin C: 20mg (24.25%), Manganese: 0.37mg (18.49%), Copper: 0.24mg (12.05%), Magnesium: 36.1mg (9.03%), Fiber: 2.12g (8.48%), Iron: 1.28mg (7.09%), Phosphorus: 54.96mg (5.5%), Potassium: 154.11mg (4.4%), Zinc: 0.52mg (3.5%), Selenium: 1.65µg (2.35%), Folate: 8.16µg (2.04%), Vitamin K: 2.04µg (1.95%), Calcium: 16.6mg (1.66%), Vitamin B3: 0.28mg (1.41%), Vitamin E: 0.2mg (1.37%), Vitamin B6: 0.02mg (1.11%)