



Cocoa Delight



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



174 kcal

SIDE DISH

Ingredients



1 cup cherries black frozen pitted



2 tablespoons granulated sugar



1 cup kale roughly chopped



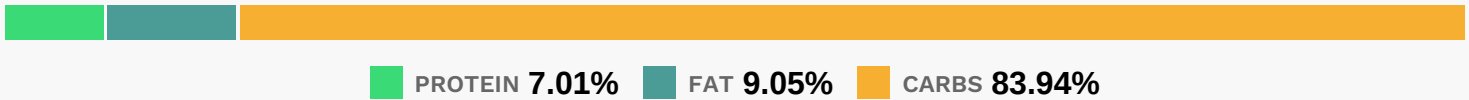
2 tablespoons cocoa powder unsweetened for sprinkling

Equipment

Directions

- ☐ Place all the ingredients in a blender and blend until smooth.
- ☐ Pour into a glass and sprinkle with the cocoa powder.
- ☐ Serve immediately.
- ☐ Did You Know?
- ☐ Chocolate feels naughty but can be nice for your health, as long as you choose a variety that contains 70% cocoa or more. Studies show that the flavonoid antioxidants in chocolate can improve mood, increase blood flow to the brain, and even help lower risk of stroke. Dark chocolate is also an excellent source of minerals such as iron, magnesium, copper, and zinc.
- ☐ Fifty Shades of Kale
- ☐ Reprinted with permission from Fifty Shades of Kale: 50 Fresh & Satisfying Recipes That Are Bound to Please by Drew Ramsey, M.D., & Jennifer Iserloh. Copyright © 2013 by Drew Ramsey, M.D., and Jennifer Iserloh; photographs © Ian McSpadden. Published by Harper Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:102.09, Glycemic Load:16.78, Inflammation Score:-10, Nutrition Score:15.813478329907%

Flavonoids

Cyanidin: 33.55mg, Cyanidin: 33.55mg, Cyanidin: 33.55mg, Cyanidin: 33.55mg Peonidin: 0.9mg, Peonidin: 0.9mg, Peonidin: 0.9mg, Peonidin: 0.9mg Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg Epicatechin: 23.59mg, Epicatechin: 23.59mg, Epicatechin: 23.59mg, Epicatechin: 23.59mg Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 174.05kcal (8.7%), Fat: 2.07g (3.18%), Saturated Fat: 0.91g (5.72%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 36.96g (13.44%), Sugar: 33.04g (36.71%), Cholesterol: 0mg (0%), Sodium: 16.56mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23mg (7.67%), Protein: 3.6g (7.21%), Vitamin K: 84.31µg (80.3%), Vitamin A: 3419.39IU (68.39%), Vitamin C: 29.91mg (36.26%), Manganese: 0.64mg (31.92%), Copper: 0.5mg (24.95%), Fiber: 6.21g (24.84%), Magnesium: 66.1mg (16.53%), Potassium: 403.75mg (11.54%), Iron: 2.07mg (11.49%), Phosphorus: 100.4mg (10.04%), Vitamin B2: 0.14mg (8.4%), Calcium: 82.86mg (8.29%), Folate: 24.46µg (6.11%), Zinc: 0.87mg (5.79%), Vitamin B6: 0.09mg (4.4%), Vitamin B3: 0.88mg (4.39%), Vitamin B1: 0.06mg (4.16%),

Selenium: 1.76µg (2.52%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.22mg (1.47%)