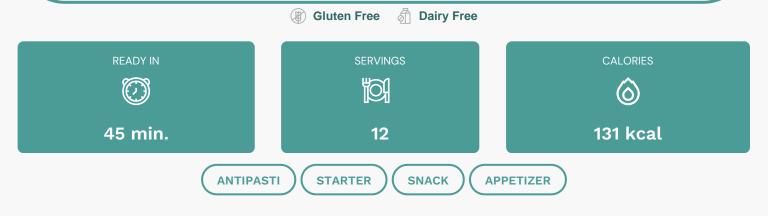


Cook the Book: Chocolate Popcorn and Grapes



Ingredients

1 pc	ound grapes seedless firm cold
2 ta	ablespoons pistachios chopped
12 0	cups popped popcorn at room temperature
4 0	unces bittersweet chocolate melted
1 ta	blespoons cocoa powder unsweetened

Equipment

bowl

	baking sheet
	baking paper
	sieve
	plastic wrap
	spatula
Di	rections
	Place the popcorn in a bowl large enough to toss it easily or divide it between two huge bowls. Line two baking sheets with Silpat baking mats or parchment paper.
	Slowly add the melted chocolate, about a quarter at a time, to the popcorn, folding the chocolate into the popcorn with a spatula, carefully scraping down sides of bowl to coat all pieces evenly.
	Spread the popcorn on the prepared pans.
	When chocolate begins to set, use a small strainer to sprinkle the cocoa powder, little by little, over the surface. Stir carefully as you sift, breaking popcorn into clusters. Continue adding cocoa until all kernels are well coated.
	Cover with plastic wrap; refrigerate for about 20 minutes or until chocolate is set.
	Remove from the refrigerator and store in an airtight container at room temperature up to 2 days. To serve, place in a bowl; sprinkle with pistachios if desired.
	Chocolate Grapes
	Dry the grapes well; place them in a bowl large enough to toss easily. Line a baking sheet with a Silpat baking mat or parchment paper.
	Add the chocolate to the grapes about 1 tablespoon at a time, stirring well with a spatula, carefully scraping the sides of the bowl and folding through center of grapes to coat them all evenly.
	When chocolate begins to set, use a small strainer to sprinkle the cocoa powder, little by little, over surface. Gently toss or stir grapes as you sift, continuing to add cocoa until all grapes are well coated and separated.
	Spread on prepared sheet.
	Cover with plastic wrap; refrigerate until chocolate is set or up to 1 day.

Nutrition Facts

Properties

Glycemic Index:10.86, Glycemic Load:7.66, Inflammation Score:-2, Nutrition Score:4.3321739240833%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 131.34kcal (6.57%), Fat: 4.8g (7.39%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 17.98g (6.54%), Sugar: 9.53g (10.59%), Cholesterol: 0.57mg (0.19%), Sodium: 2.68mg (0.12%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 9.09mg (3.03%), Protein: 2.61g (5.22%), Manganese: 0.31mg (15.27%), Fiber: 2.97g (11.9%), Copper: 0.23mg (11.34%), Magnesium: 38.71mg (9.68%), Phosphorus: 80.69mg (8.07%), Iron: 1.19mg (6.62%), Vitamin K: 6.34µg (6.04%), Potassium: 181.11mg (5.17%), Zinc: 0.67mg (4.48%), Vitamin B6: 0.07mg (3.74%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.04mg (2.54%), Vitamin B3: 0.43mg (2.15%), Vitamin C: 1.28mg (1.55%), Selenium: 0.98µg (1.4%), Vitamin E: 0.19mg (1.26%), Calcium: 12.25mg (1.23%), Folate: 4.94µg (1.23%), Vitamin A: 56.42IU (1.13%), Vitamin B5: 0.11mg (1.11%)