



Cook the Book: Chocolate Popcorn and Grapes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound grapes seedless firm cold
- ☐ 2 tablespoons pistachios chopped
- ☐ 12 cups popped popcorn at room temperature
- ☐ 4 ounces bittersweet chocolate melted
- ☐ 1 tablespoons cocoa powder unsweetened

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ sieve
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ 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



 **PROTEIN 7.59%**  **FAT 31.45%**  **CARBS 60.96%**

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, Catechin: 0.31mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Quercetin: 0.06mg, Quercetin: 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 %: 0% (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%)