



Crunchy Chocolate-Dipped Apricots



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 7 ounces apricots dried (18)
- ☐ 3 ounces bittersweet chocolate chopped

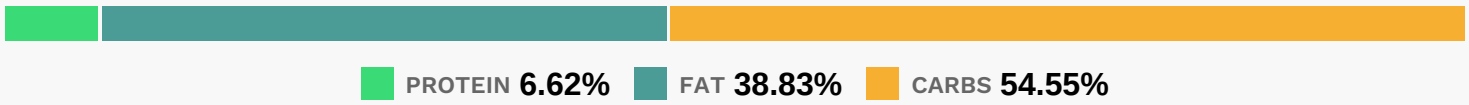
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Place almonds in a dry skillet over medium heat. Cook, shaking pan often, until nuts are fragrant and lightly toasted, about 4 minutes.
- ☐ Transfer to a bowl; chop finely when cool.
- ☐ Bring 1 inch of water to a simmer in a small pan.
- ☐ Place chocolate in a small heatproof bowl over simmering water.
- ☐ Let stand until chocolate is almost melted, about 5 minutes.
- ☐ Remove bowl from heat and stir chocolate until smooth.
- ☐ Line a baking sheet with parchment. Working one at a time, dip about 3/4 of an apricot into chocolate, allowing excess to drip off. Gently dip chocolate-covered part of apricot into chopped nuts and transfer to baking sheet. Repeat with remaining apricots, chocolate and nuts.
- ☐ Place in refrigerator until set, at least 20 minutes. Keep chilled until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.45, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:1.6847826002733%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.23kcal (2.06%), Fat: 1.88g (2.9%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.64g (5.16%), Cholesterol: 0.17mg (0.06%), Sodium: 0.96mg (0.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin A: 239.83IU (4.8%), Vitamin E: 0.7mg (4.64%), Manganese: 0.09mg (4.41%), Copper: 0.07mg (3.69%), Fiber: 0.9g (3.61%), Potassium: 104.05mg (2.97%),

Magnesium: 11.25mg (2.81%), Iron: 0.41mg (2.29%), Phosphorus: 19.44mg (1.94%), Vitamin B2: 0.02mg (1.4%),
Vitamin B3: 0.25mg (1.25%)