



Dark Chocolate Dipped Strawberries and Snacks



Gluten Free



Dairy Free



Low Fod Map

READY IN



31 min.

SERVINGS



4

CALORIES



628 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.7 cups nestle® toll house® chocolate morsels dark
- ☐ 4 servings pretzels
- ☐ 4 servings strawberries fresh dry rinsed (and patted)
- ☐ 1 tablespoon vegetable shortening

Equipment

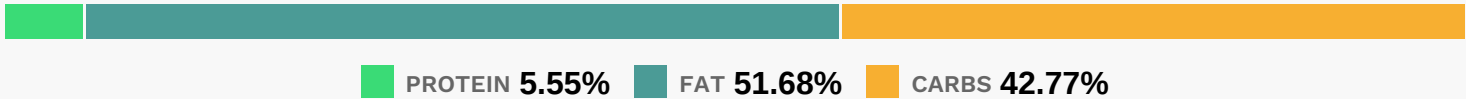
- ☐ bowl
- ☐ baking sheet

- ☐ wax paper
- ☐ microwave

Directions

- ☐ Line baking sheets with wax paper.
- ☐ Microwave morsels and shortening in medium, uncovered, microwave-safe bowl on Medium-high (70%) power for 45 seconds; stir. If morsels retain some of their original shape, microwave at additional 10- to 15-second intervals, stirring just until melted.
- ☐ Dip strawberries (by stem or leaves) or snacks into melted chocolate, tilting bowl to easily dip. Use side of bowl to remove excess.
- ☐ Place on prepared baking sheets. If you are using sprinkles or nuts, sprinkle them on when the chocolate is still wet. Refrigerate for 15 minutes or until set. Makes 1 cup coating.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:3.27, Inflammation Score:-6, Nutrition Score:19.427826114323%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 628.33kcal (31.42%), Fat: 36.7g (56.46%), Saturated Fat: 23.52g (147.02%), Carbohydrates: 68.35g (22.78%), Net Carbohydrates: 61.75g (22.45%), Sugar: 32.71g (36.34%), Cholesterol: 0.75mg (0.25%), Sodium: 229.38mg (9.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.73%), Vitamin C: 91.1mg (110.42%), Manganese: 0.85mg (42.34%), Vitamin E: 4.7mg (31.36%), Potassium: 1031.07mg (29.46%), Fiber: 6.6g (26.39%), Calcium: 256.2mg (25.62%), Zinc: 3.15mg (21.03%), Vitamin B5: 1.98mg (19.81%), Phosphorus: 171.9mg (17.19%), Vitamin K: 16.83µg (16.03%), Magnesium: 63.36mg (15.84%), Vitamin B6: 0.31mg (15.69%), Folate: 58.43µg (14.61%), Copper: 0.27mg (13.59%), Vitamin B3: 2.67mg (13.34%), Vitamin B1: 0.17mg (11.32%), Vitamin B2: 0.19mg (11.17%), Iron: 1.92mg (10.66%), Selenium: 5.18µg (7.39%), Vitamin B12: 0.21µg (3.5%)