



Dark Chocolate Fruit Candies with Pomegranates, Figs and Dates

 Gluten Free  Popular

READY IN



300 min.

SERVINGS



36

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 chocolate chips dark
- ☐ 0.7 cup dates chopped
- ☐ 1 cups double cream mini
- ☐ 0.7 cup figs dried chopped
- ☐ 0.7 cup pomegranate seeds

Equipment

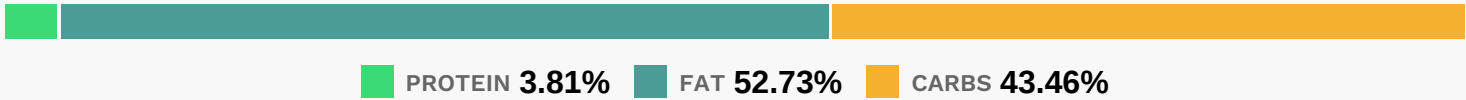
- ☐ double boiler

- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Dark Chocolate Fruit Candies with Pomegranates, Figs and Dates
- ☐ Ingredients4 bars dark chocolate, or 3 cups dark chocolate chips2/3 cup pomegranate seeds2/3 cup dates, chopped into small pieces2/3 cup dried figs, chopped into small pieces
- ☐ You will also need
- ☐ Double boiler, 2 mini muffin tins, 36 mini muffin cups
- ☐ Total Time: 4 – 5 Hours
- ☐ Servings: 36 candies (12 of each fruit)
- ☐ Kosher Key: Pareve for dairy-free dark chocolate (or dairy if using milk chocolate)

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:0.83086956972661%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 40.15kcal (2.01%), Fat: 2.49g (3.84%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.01g (1.46%), Sugar: 3.69g (4.11%), Cholesterol: 7.47mg (2.49%), Sodium: 2.33mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.81%), Fiber: 0.61g (2.46%), Vitamin A: 97.74IU (1.95%), Potassium: 50.77mg (1.45%), Manganese: 0.03mg (1.25%), Vitamin K: 1.22µg (1.16%), Vitamin B2: 0.02mg (1.08%), Calcium: 10.54mg (1.05%)