



Dark Chocolate Mint Leaves



Vegetarian



Vegan



Dairy Free



Popular

READY IN



40 min.

SERVINGS



35

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 sheet baking mix



1 chocolate bar dark



1 bunch mint leaves (you'll need 35 leaves total)

Equipment

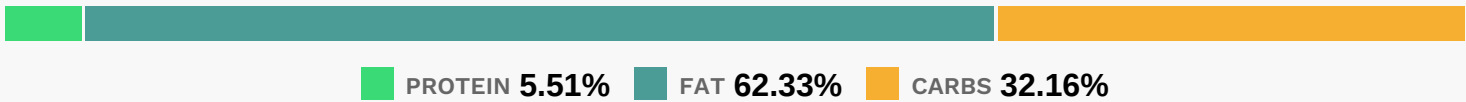


baking paper

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Dark Chocolate Mint Leaves
- ☐ Adapted from: Martha
- ☐ Stewart.com
- ☐ Ingredients1 bunch large, unblemished mint leaves (you'll need about 35 leaves total)1 bar Ghirardelli Intense Dark Twilight Delight chocolate
- ☐ You will also needbaking sheet, parchment paper
- ☐ Prep Time: 10 Minutes
- ☐ Total Time: 40 Minutes
- ☐ Servings: About 35 dark chocolate mint leaves
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:0.66, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.18956521825622%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 4.99kcal (0.25%), Fat: 0.35g (0.53%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.2g (0.22%), Cholesterol: 0.02mg (0.01%), Sodium: 0.56mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%)