



Fruit and Nut Chocolate Chunks

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 lb bittersweet chocolate unsweetened (not)
- 0.7 cup cranberries dried
- 3 oz pistachios salted shelled
- 0.7 cup raisins
- 3 oz roasted cashews salted
- 36 servings vegetable oil for greasing pan

Equipment

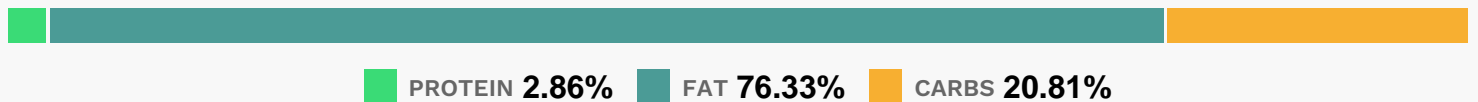
- bowl

- sauce pan
- knife
- double boiler
- baking pan
- aluminum foil
- cutting board

Directions

- Melt chocolate in top of a double boiler or metal bowl set over a saucepan of barely simmering water, stirring occasionally until smooth.
- While chocolate is melting, line bottom and sides of an 8-inch square baking pan with foil, leaving a 2-inch overhang, then lightly oil foil.
- Remove chocolate from heat and stir in fruit and nuts, then spread evenly in baking pan. Freeze until firm, about 20 minutes. Lift candy in foil from pan using overhang and transfer to a cutting board. Peel off foil and cut candy with a long heavy knife into 36 pieces.
- If you have more time, chill the candy in the refrigerator (instead of in the freezer) until firm, about 1 hour. • Candy keeps, wrapped well in foil and chilled, 2 weeks.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:1.2, Inflammation Score:-2, Nutrition Score:5.0921739171381%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 256.65kcal (12.83%), Fat: 22.24g (34.22%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 11.77g (4.28%), Sugar: 7.71g (8.57%), Cholesterol: 0.94mg (0.31%), Sodium: 17.58mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.54mg (4.51%), Protein: 1.88g (3.75%), Vitamin K: 27.87µg (26.54%), Copper: 0.29mg (14.46%), Manganese: 0.27mg (13.48%), Magnesium: 37.62mg (9.4%), Vitamin E: 1.36mg (9.08%), Fiber: 1.88g (7.5%), Iron: 1.31mg (7.28%), Phosphorus: 66.29mg (6.63%), Potassium: 150.12mg (4.29%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.06mg (2.87%), Selenium: 1.79µg (2.56%), Vitamin B1: 0.03mg (2.24%), Calcium: 14.26mg (1.43%), Vitamin B2: 0.02mg (1.28%), Vitamin B3: 0.24mg (1.19%)