



## Fruit Skewers with Chocolate Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

### Ingredients

- 1 cup cocoa powder
- 6 servings mint leaves fresh
- 1 cup maple syrup
- 2 nectarines
- 0.3 teaspoon orange extract
- 2 peaches
- 2 plums

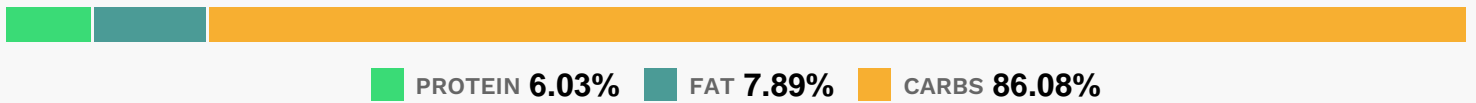
### Equipment

- sauce pan
- whisk
- skewers
- wooden skewers

## Directions

- Watch how to make this recipe.
- Special equipment: wooden skewers
- Cut the fruit into bite sized chunks. Thread a piece of each fruit onto a skewer along with a mint leaf. Set aside.
- In a small saucepan over medium heat, add the maple syrup.
- Whisk in the cocoa powder until the mixture is smooth. Stir in the orange extract and cook until hot. Don't let it come to a boil. Spoon into a serving dish and serve immediately as a dipping sauce with the fruit skewers.

## Nutrition Facts



## Properties

Glycemic Index:26.4, Glycemic Load:17.34, Inflammation Score:-7, Nutrition Score:14.392173953678%

## Flavonoids

Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 13.8mg, Catechin: 13.8mg, Catechin: 13.8mg, Catechin: 13.8mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 31.23mg, Epicatechin: 31.23mg, Epicatechin: 31.23mg, Epicatechin: 31.23mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 227.86kcal (11.39%), Fat: 2.3g (3.54%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 56.51g (18.84%), Net Carbohydrates: 49.36g (17.95%), Sugar: 42.52g (47.24%), Cholesterol: 0mg (0%), Sodium: 20.8mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.97mg (10.99%), Protein: 3.96g (7.92%), Manganese: 1.86mg (93.18%), Vitamin B2: 0.75mg (44.28%), Copper: 0.64mg (31.84%), Fiber: 7.15g (28.61%), Magnesium: 93.39mg (23.35%), Potassium: 501.85mg (14.34%), Iron: 2.45mg (13.62%), Phosphorus: 132.76mg (13.28%), Zinc: 1.6mg (10.66%), Vitamin A: 438.53IU (8.77%), Calcium: 83.54mg (8.35%), Vitamin C: 5.83mg (7.07%), Vitamin B3: 1.4mg (6.99%), Vitamin B1: 0.08mg (5.44%), Vitamin E: 0.73mg (4.84%), Selenium: 3.1µg (4.43%), Vitamin K: 4.21µg (4.01%), Folate: 12.67µg (3.17%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.23mg (2.34%)