



Fudgy Chocolate-Cherry Bites



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large egg whites
- ☐ 0.5 teaspoon espresso powder
- ☐ 0.5 cup pecans chopped
- ☐ 1.3 cups powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup cherries dried sweet coarsely chopped
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1.5 teaspoons vanilla extract

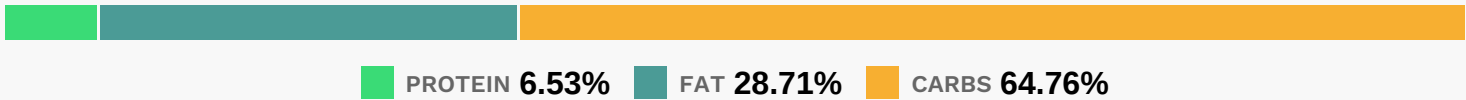
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ muffin liners

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 6 ingredients in a large bowl. Beat with a mixer at low speed until combined. Beat at medium speed 2 minutes. Stir in cherries and nuts.
- ☐ Spoon 1 level tablespoon batter into miniature muffin cups coated with cooking spray.
- ☐ Bake at 300 for 16 minutes or until puffed and crisp on top.
- ☐ Let stand 2 to 5 minutes before removing from pan. Cool on a wire rack. Note: Store in an airtight container up to 2 days.

Nutrition Facts



Properties

Glycemic Index:0.48, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.4721738894511%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 60.55kcal (3.03%), Fat: 2.06g (3.17%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.44g (3.43%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 19.99mg (0.87%), Alcohol: 0.1g (100%), Alcohol %: 0.71% (100%), Caffeine: 3.89mg (1.3%), Protein: 1.05g (2.11%), Manganese: 0.17mg (8.54%), Copper: 0.08mg (4.22%), Fiber: 1.03g (4.1%), Magnesium: 10.41mg (2.6%), Vitamin A: 103.91IU (2.08%), Phosphorus: 17.77mg (1.78%), Iron: 0.31mg (1.72%), Zinc: 0.21mg (1.42%), Selenium: 0.97µg (1.38%), Vitamin B2: 0.02mg (1.3%), Vitamin B1: 0.02mg (1.22%), Potassium: 37.92mg (1.08%)