



Gourmet Chocolate-Covered Strawberries



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 12 servings sprinkles
- ☐ 16 oz strawberries fresh whole
- ☐ 9 oz chocolate chips dark white

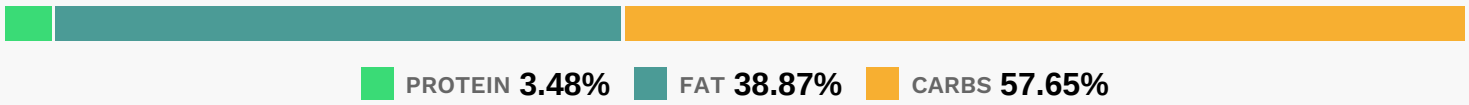
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Wash strawberries thoroughly. Dry carefully by patting gently with paper towels.
- ☐ Place chocolate chips into small, microwaveable bowl with tall sides.
- ☐ Heat bowl in the microwave on High for 30 seconds.
- ☐ Remove bowl; stir chips with spoon. Return bowl to microwave; and continue to microwave on High for an additional 30 seconds; stir. Repeat just until chocolate is melted.
- ☐ Working with one strawberry at a time, dip into the melted chocolate by holding the stem between your fingers.
- ☐ Slowly pull the strawberry from the chocolate (allowing excess chocolate to run off); place on a piece of parchment paper to dry.
- ☐ Immediately decorate the chocolate-covered strawberry with your favorite sprinkles.
- ☐ Allow the chocolate to cool and harden at room temperature.
- ☐ Serve immediately or store tightly covered in refrigerator for up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:9.64, Inflammation Score:-1, Nutrition Score:3.3873913171499%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 169kcal (8.45%), Fat: 7.46g (11.47%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 24.09g (8.76%), Sugar: 23.49g (26.1%), Cholesterol: 4.47mg (1.49%), Sodium: 19.51mg (0.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 22.33mg (27.07%), Manganese: 0.15mg (7.38%), Calcium: 48.36mg (4.84%), Phosphorus: 46.49mg (4.65%), Vitamin B2: 0.07mg (4.02%), Potassium: 118.64mg (3.39%), Fiber: 0.8g (3.19%), Folate: 10.56µg (2.64%), Vitamin K: 2.77µg (2.63%), Vitamin E: 0.31mg (2.09%), Vitamin B12: 0.12µg (1.98%), Magnesium: 7.47mg (1.87%), Vitamin B5: 0.18mg (1.77%), Selenium: 1.11µg (1.58%), Copper: 0.03mg (1.55%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.5%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.21mg (1.4%), Iron: 0.21mg (1.14%)