



Healthier Chocolate Covered Strawberries

 Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



464 kcal

DESSERT

Ingredients

- ☐ 8 ounces milk chocolate chips
- ☐ 1 tablespoon shortening
- ☐ 1 pound strawberries fresh with leaves

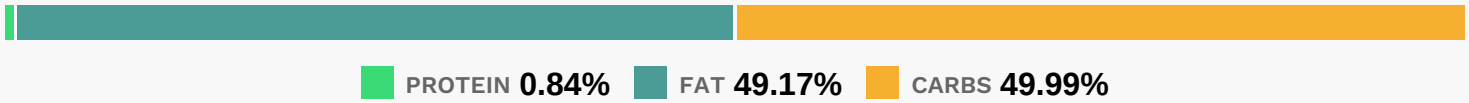
Equipment

- ☐ double boiler
- ☐ toothpicks
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Insert toothpicks into tops of strawberries.
- ☐ Melt chocolate and shortening in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. Holding strawberries by toothpicks, dip into chocolate mixture.
- ☐ Turn strawberries upside down and insert toothpick into styrofoam or simply place strawberries on a sheet of wax paper. Allow to cool completely.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:3.44, Inflammation Score:-4, Nutrition Score:9.2308695886446%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 464.09kcal (23.2%), Fat: 26.32g (40.49%), Saturated Fat: 14.59g (91.2%), Carbohydrates: 60.21g (20.07%), Net Carbohydrates: 57.19g (20.8%), Sugar: 50.59g (56.21%), Cholesterol: 0mg (0%), Sodium: 1.68mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 88.9mg (107.76%), Manganese: 0.58mg (29.18%), Potassium: 447.33mg (12.78%), Fiber: 3.02g (12.1%), Folate: 36.29µg (9.07%), Calcium: 78.23mg (7.82%), Vitamin K: 5.6µg (5.33%), Magnesium: 19.66mg (4.91%), Vitamin E: 0.7mg (4.67%), Phosphorus: 36.29mg (3.63%), Copper: 0.07mg (3.63%), Vitamin B6: 0.07mg (3.56%), Iron: 0.62mg (3.46%), Vitamin B3: 0.58mg (2.92%),

Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.22mg (2.18%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.21mg (1.41%)