



Homemade chocolate drops

 Gluten Free

READY IN



75 min.

SERVINGS



1

CALORIES



3430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 200 g chocolate dark 70% (we used cocoa content)
- 1 pinch chili powder hot
- 1 serving edible gold dust red (we used splatcooking.com)
- 200 g chocolate green with extra cocoa butter)
- 1 tsp sea salt
- 25 g pistachios finely chopped
- 200 g chocolate white
- 1 serving rose hips (we used squires-shop.com)

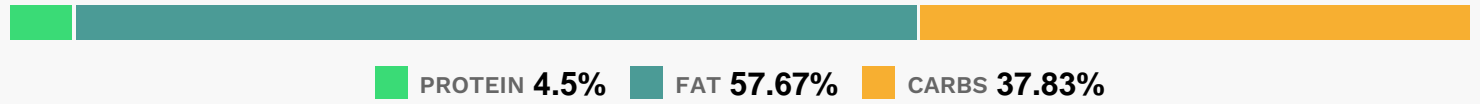
Equipment

- bowl
- frying pan

Directions

- For the dark chilli drops: break the chocolate into chunks and melt in a heatproof bowl over a pan of barely simmering water. Meanwhile, line a few flat baking trays with baking parchment. Once the chocolate has melted, stir in the chilli powder. Use a teaspoon to drop drops of the chocolate onto the baking parchment. Every 10 or 20 drops, scatter over a small amount of red glitter before the chocolate sets. Leave to set in a cool place, but do not put in the fridge.
- For the salted pistachio drops: melt the chocolate and prepare baking parchment as before. Once the chocolate has melted, stir in the salt, then make drops as above, topping with chopped pistachios.
- For the white chocolate drops: carefully melt the chocolate as above. Make drops, as above. Once they are partially set, top each with a crystallised rose petal.

Nutrition Facts



Properties

Glycemic Index:153.6, Glycemic Load:146.25, Inflammation Score:-10, Nutrition Score:51.081304052602%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 3430.4kcal (171.52%), Fat: 229.23g (352.65%), Saturated Fat: 129.33g (808.31%), Carbohydrates: 338.31g (112.77%), Net Carbohydrates: 302.26g (109.91%), Sugar: 270.89g (300.99%), Cholesterol: 48mg (16%), Sodium: 2579.41mg (112.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 292mg (97.33%), Protein: 40.22g (80.43%), Manganese: 5.22mg (260.89%), Copper: 5.13mg (256.45%), Magnesium: 737.15mg (184.29%), Iron:

30.83mg (171.26%), Fiber: 36.05g (144.2%), Phosphorus: 1385.41mg (138.54%), Potassium: 2844.97mg (81.28%), Zinc: 11.66mg (77.75%), Vitamin B2: 1.24mg (73.09%), Calcium: 621.71mg (62.17%), Vitamin K: 45.76µg (43.59%), Selenium: 29.98µg (42.82%), Vitamin B6: 0.7mg (35.09%), Vitamin B1: 0.45mg (30.13%), Vitamin E: 4.29mg (28.61%), Vitamin B12: 1.68µg (28%), Vitamin B3: 5.29mg (26.44%), Vitamin B5: 2.33mg (23.33%), Folate: 32.81µg (8.2%), Vitamin C: 6.66mg (8.07%), Vitamin A: 314.85IU (6.3%)