



Merry Berry Christmas Bites

 Gluten Free

READY IN



70 min.

SERVINGS



36

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp almond extract
- 14 oz baker's angel flake coconut
- 3 oz jell-o raspberry flavor gelatin
- 12 oz baker's semi-sweet chocolate
- 4 tsp shortening
- 14 oz condensed milk sweetened canned

Equipment

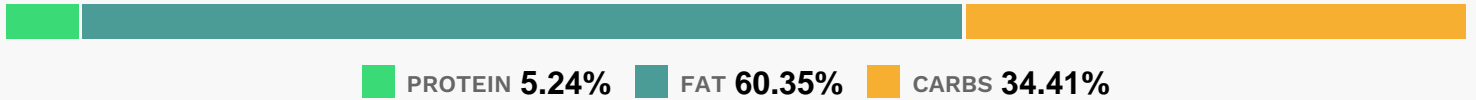
- bowl

- frying pan
- aluminum foil
- microwave

Directions

- Line 8-inch square pan with foil, with ends of foil extending over sides; spray with cooking spray. Microwave chocolate and shortening in medium microwaveable bowl on HIGH 1-1/2 min.; stir. Microwave 1 min.; stir until chocolate is completely melted and mixture is well blended.
- Spread half onto bottom of prepared pan. Refrigerate 10 min.
- Mix dry gelatin mix, milk and extract in large bowl until blended. Stir in coconut until evenly coated; spoon over chocolate layer in pan. Press gently into chocolate layer.
- Pour remaining chocolate mixture over coconut layer; spread to completely cover coconut. Refrigerate 30 min. or until firm. Use foil handles to lift candy from pan.
- Remove foil before cutting candy into squares.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:4.2095652391081%

Nutrients (% of daily need)

Calories: 176.79kcal (8.84%), Fat: 12.24g (18.83%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 13.15g (4.78%), Sugar: 12.31g (13.68%), Cholesterol: 4.32mg (1.44%), Sodium: 30.06mg (1.31%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.39g (4.79%), Manganese: 0.43mg (21.44%), Copper: 0.21mg (10.51%), Fiber: 2.55g (10.21%), Phosphorus: 78.51mg (7.85%), Magnesium: 29.47mg (7.37%), Selenium: 4.62µg (6.6%), Iron: 0.99mg (5.49%), Potassium: 154.56mg (4.42%), Calcium: 40.12mg (4.01%), Zinc: 0.58mg (3.84%), Vitamin B2: 0.06mg (3.68%), Vitamin B6: 0.04mg (2.1%), Vitamin B5: 0.2mg (2.03%), Vitamin B1: 0.02mg (1.32%), Vitamin B12: 0.07µg (1.09%), Vitamin E: 0.16mg (1.04%), Vitamin K: 1.07µg (1.02%)