



Milk Chocolate Cup-of-Fluffs

 Gluten Free

READY IN



60 min.

SERVINGS



24

CALORIES



40 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup slivered almonds chopped
- ☐ 1 chocolate
- ☐ 1 cup coconut shredded sweetened plus more to garnish
- ☐ 1 fun-sized chocolate-coated nougat and peanut candy bars soft

Equipment

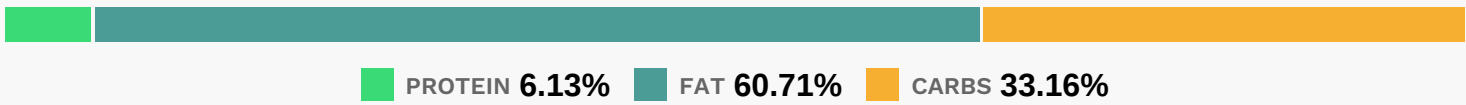
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags

- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry brush

Directions

- ☐ Place 24 paper or foil cupcake liners in cupcake or muffin pans.
- ☐ When preparing the nougat, add the coconut and almonds and set aside.
- ☐ Have the tempered chocolate at 90°F/34°C. Using a small paintbrush or pastry brush, paint the inside of the cupcake liners with a thick coating of chocolate. Allow the chocolate cupcake liners to set in the refrigerator for 5 to 10 minutes. Fill each about half full with the coconut-nougat mixture, leaving a margin of chocolate along the top edge so the final coat of chocolate will adhere to it and seal the cups. Return the cups to the refrigerator for another 5 minutes, then top each with the finishing layer of chocolate and refrigerate again for 5 minutes to set. Decorate or sprinkle with shredded coconut.
- ☐ Remove from the muffin pan, and serve the cups with or without the liners.
- ☐ Store in an airtight container, a zip-top plastic bag, or plastic wrap at room temperature for 2 days, in the refrigerator for 1 week, or freezer for 1 month.
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Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.264782614601%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.05kcal (2%), Fat: 2.86g (4.4%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.98g (1.09%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Manganese: 0.15mg (7.59%), Vitamin E: 0.61mg (4.07%), Magnesium: 9.45mg (2.36%), Fiber: 0.53g (2.13%), Copper: 0.04mg (2.12%), Vitamin B2: 0.03mg (1.77%), Phosphorus: 16.87mg (1.69%), Selenium: 0.77µg (1.09%), Iron: 0.19mg (1.06%), Zinc: 0.16mg (1.06%)