



Mixed-Berry Chocolate-Toffee Bites



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups berries mixed fresh (such as blackberries, raspberries, and blueberries)
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1.5 teaspoons orange zest grated
- ☐ 2.8 ounce heath candy bars english cut into 1/4-inch pieces (such as Skor)

Equipment

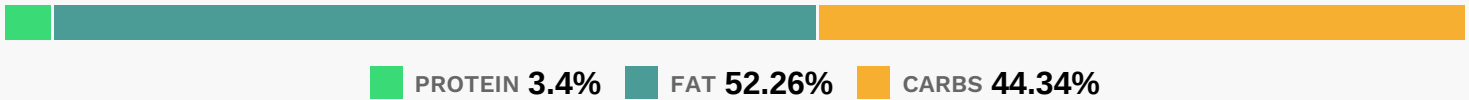
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

☐ aluminum foil

Directions

- ☐ Line large baking sheet with foil. Stir chocolate in small bowl set over saucepan of simmering water until melted, smooth, and warm.
- ☐ Remove bowl from over water.
- ☐ Mix orange peel into chocolate, if desired. Spoon by teaspoonfuls onto foil, spacing about 1 1/2 inches apart (do not spread). Top with berries and toffee, making sure toppings touch melted chocolate. Chill until chocolate sets, about 15 minutes.
- ☐ Remove from foil.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7339130555806%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg Delphinidin: 3.35mg, Delphinidin: 3.35mg, Delphinidin: 3.35mg, Delphinidin: 3.35mg Malvidin: 7.7mg, Malvidin: 7.7mg, Malvidin: 7.7mg, Malvidin: 7.7mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 78.53kcal (3.93%), Fat: 4.65g (7.15%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.83g (7.59%), Cholesterol: 1.42mg (0.47%), Sodium: 14.86mg (0.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.31mg (2.44%), Protein: 0.68g (1.36%), Manganese: 0.14mg (6.77%), Copper: 0.11mg (5.57%), Fiber: 1.21g (4.83%), Magnesium: 15.78mg (3.94%), Iron: 0.57mg (3.15%), Vitamin K: 3.15µg (3%), Phosphorus: 23.85mg (2.38%), Potassium: 56.91mg (1.63%), Zinc: 0.24mg (1.58%), Selenium: 0.73µg (1.04%)