



## Mucho Choco Tacos

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



8

CALORIES



753 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4.7 oz taco shells (10 Count)
- 24 oz candy coating disks (almond bark)
- 2 cups strawberries fresh sliced
- 2 cups banana sliced
- 0.8 cup cream sauce hot
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon vanilla
- 2 cups non-dairy whipped topping

8 mint leaves

## Equipment

bowl

baking sheet

oven

microwave

## Directions

Heat oven to 325°F.

Heat taco shells as directed on box. Meanwhile, melt chocolate candy coating as directed on package. Line cookie sheet with waxed paper.

Carefully dip each taco shell into melted chocolate, using spoon to get chocolate on inside of shell; hold shells above bowl to let excess chocolate drip off. Stand shells upright on cookie sheet lined with waxed paper; let stand 10 to 15 minutes until chocolate hardens. Refrigerate until ready to use.

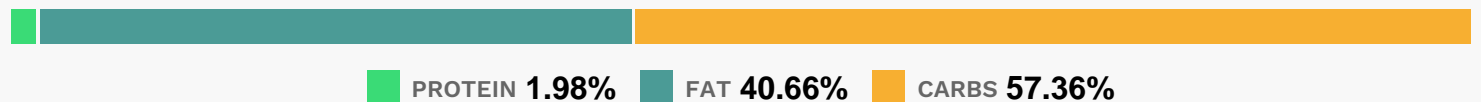
In medium bowl, mix strawberries and bananas. Divide fruit evenly into taco shells.

In small microwavable bowl, microwave fudge topping on High 30 to 45 seconds or until soft. Stir in cinnamon and vanilla.

Drizzle topping over fruit in shells. Top with whipped cream; garnish with mint leaves.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20.97, Glycemic Load:11.4, Inflammation Score:-3, Nutrition Score:7.5686957084614%

## Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg,

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## Nutrients (% of daily need)

Calories: 753.28kcal (37.66%), Fat: 33.16g (51.02%), Saturated Fat: 28.78g (179.9%), Carbohydrates: 105.27g (35.09%), Net Carbohydrates: 101.52g (36.92%), Sugar: 81.71g (90.79%), Cholesterol: 0.66mg (0.22%), Sodium: 191.82mg (8.34%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 3.63g (7.27%), Vitamin C: 24.81mg (30.07%), Manganese: 0.47mg (23.75%), Fiber: 3.76g (15.02%), Magnesium: 44.53mg (11.13%), Vitamin B6: 0.2mg (9.97%), Phosphorus: 98.04mg (9.8%), Potassium: 334.28mg (9.55%), Copper: 0.17mg (8.51%), Folate: 30.48µg (7.62%), Vitamin E: 1.1mg (7.35%), Vitamin B2: 0.09mg (5.55%), Calcium: 55.28mg (5.53%), Iron: 0.97mg (5.38%), Vitamin B1: 0.07mg (4.7%), Zinc: 0.64mg (4.29%), Vitamin B3: 0.81mg (4.05%), Vitamin K: 3.76µg (3.58%), Selenium: 2.43µg (3.47%), Vitamin B5: 0.21mg (2.08%), Vitamin A: 88.45IU (1.77%)