



Mucho Choco Tacos



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



728 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups banana sliced
- ☐ 24 oz candy coating disks (almond bark)
- ☐ 0.8 cup cream sauce hot
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8 mint leaves
- ☐ 2 cups strawberries fresh sliced
- ☐ 8 taco shells (from 4.7-oz box)
- ☐ 0.5 teaspoon vanilla

☐ 2 cups whipped cream

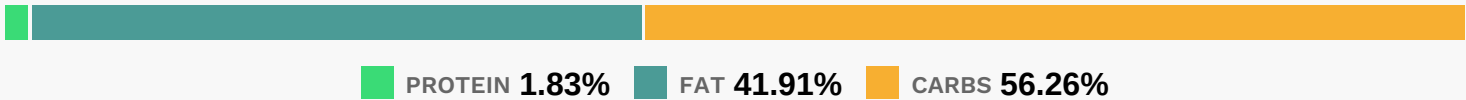
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 325F.
- ☐ 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:27.85, Glycemic Load:10.63, Inflammation Score:-3, Nutrition Score:7.2313043410363%

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: 727.67kcal (36.38%), Fat: 33.03g (50.81%), Saturated Fat: 28.41g (177.56%), Carbohydrates: 99.77g (33.26%), Net Carbohydrates: 96.32g (35.03%), Sugar: 78.42g (87.13%), Cholesterol: 11.69mg (3.89%), Sodium: 164.43mg (7.15%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 3.25g (6.51%), Vitamin C: 24.81mg (30.07%), Manganese: 0.45mg (22.43%), Fiber: 3.44g (13.77%), Magnesium: 41mg (10.25%), Vitamin B6: 0.19mg (9.62%), Potassium: 326.64mg (9.33%), Phosphorus: 86.67mg (8.67%), Copper: 0.16mg (8.23%), Vitamin E: 1.07mg (7.15%), Folate: 27.16µg (6.79%), Calcium: 52.46mg (5.25%), Vitamin B2: 0.08mg (4.91%), Iron: 0.88mg (4.9%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.61mg (4.04%), Vitamin B3: 0.71mg (3.57%), Vitamin A: 176.53IU (3.53%), Vitamin K: 3.05µg (2.9%), Selenium: 1.96µg (2.81%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.06µg (1.01%)