



Passover Cake Bites



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



186 kcal

Ingredients

- ☐ 0.8 cup vanilla almond milk
- ☐ 10 oz bittersweet chocolate
- ☐ 1 cup pistachios chopped (I used hazelnuts but give almonds, pistachios or other nuts a try)
- ☐ 1 cup coconut dried shredded unsweetened

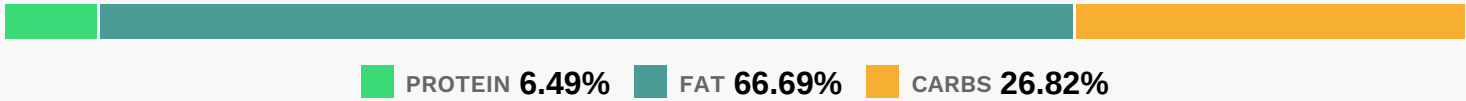
Equipment

Directions

- ☐ Save Recipe

- ☐ Print Recipe
- ☐ Passover Cake Bites
- ☐ Ingredients1 box Passover approved marble cake mix (recommended Gefen), plus ingredients needed for making the cake¾ cup chocolate almond milk10 oz bittersweet chocolate bars1 cup chopped nuts (I used hazelnuts but give almonds, pistachios or other chopped nuts a try)1 cup dried unsweetened shredded coconut
- ☐ Total Time: 2 Hours
- ☐ Servings: 16–20 cake bites
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:5.5626087577447%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 185.8kcal (9.29%), Fat: 14.17g (21.8%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 9.63g (3.5%), Sugar: 7.53g (8.37%), Cholesterol: 1.06mg (0.35%), Sodium: 19.23mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.24mg (5.08%), Protein: 3.1g (6.2%), Manganese: 0.49mg (24.33%), Copper: 0.37mg (18.37%), Fiber: 3.19g (12.77%), Magnesium: 45.72mg (11.43%), Phosphorus: 95.71mg (9.57%), Iron: 1.61mg (8.97%), Vitamin B6: 0.15mg (7.71%), Potassium: 210.82mg (6.02%), Vitamin B1: 0.08mg (5.07%), Zinc: 0.76mg (5.04%), Selenium: 3.1µg (4.43%), Calcium: 34.63mg (3.46%), Vitamin E: 0.31mg (2.05%), Vitamin B2: 0.03mg (1.58%), Vitamin B3: 0.28mg (1.42%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.29µg (1.23%), Folate: 4.44µg (1.11%)