

Plastic Chocolate



Gluten Free



Dairy Free

READY IN



315 min.

SERVINGS



6

CALORIES



558 kcal

SIDE DISH

Ingredients



0.8 cup plus light



1 pound bittersweet chocolate chopped

Equipment



bowl



frying pan

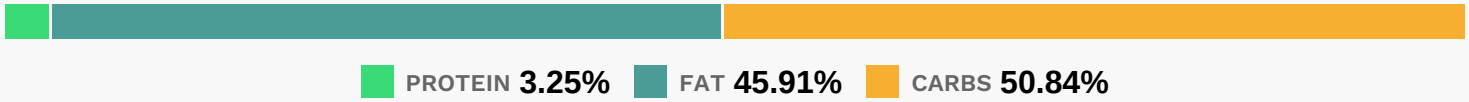


plastic wrap

Directions

- ☐ Melt chocolate in a large metal bowl over a pan of simmering water. Stir occasionally until smooth.
- ☐ Remove from heat, and stir in the corn syrup. The mixture will become sticky, but keep stirring until very well blended.
- ☐ Spoon onto a piece of plastic wrap, and wrap tightly.
- ☐ Let stand at room temperature until firm before using. Overnight is best. Use unsweetened cocoa powder on work surfaces to prevent sticking.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:6.22, Inflammation Score:-5, Nutrition Score:11.565217380938%

Nutrients (% of daily need)

Calories: 558.35kcal (27.92%), Fat: 29.05g (44.69%), Saturated Fat: 16.66g (104.09%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 66.32g (24.12%), Sugar: 60.49g (67.21%), Cholesterol: 4.54mg (1.51%), Sodium: 33.99mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 65.01mg (21.67%), Protein: 4.63g (9.25%), Manganese: 1mg (50.08%), Copper: 0.94mg (47.17%), Magnesium: 133.48mg (33.37%), Iron: 4.78mg (26.54%), Fiber: 6.05g (24.19%), Phosphorus: 196.56mg (19.66%), Zinc: 2.19mg (14.61%), Potassium: 429.07mg (12.26%), Selenium: 6.65µg (9.5%), Calcium: 52.41mg (5.24%), Vitamin K: 5.44µg (5.18%), Vitamin B1: 0.05mg (3.29%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.45mg (2.97%), Vitamin B5: 0.23mg (2.27%), Vitamin B12: 0.14µg (2.27%), Vitamin B2: 0.04mg (2.18%), Vitamin B6: 0.03mg (1.29%)