

Red Chili Raspberry Bites

 Gluten Free

READY IN



115 min.

SERVINGS



18

CALORIES



366 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3.8 cup bittersweet chocolate chopped
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons chili powder
- ☐ 18 servings tempered chocolate for lining mold
- ☐ 1 cup heavy cream
- ☐ 18 servings splash lemon juice
- ☐ 0.1 cup pectin
- ☐ 2 cups raspberries

- ☐ 0.1 cup chili powder red
- ☐ 1.3 cup sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Special equipment: plastic bonbon mold
- ☐ Pour 1 cup/200 grams sugar into a medium pot.
- ☐ Add the raspberries and a splash of lemon juice and mix it together. Bring to a boil. In a separate small bowl, mix the remaining 1/4 cup/50 grams sugar with the pectin to prevent clumping. Once the fruit mixture is boiling, add the pectin and sugar mixture and the chili powder and continue boiling for 15 minutes.
- ☐ Remove the mixture from the heat and set aside to cool.
- ☐ Put the heavy cream and red chili powder in a small saucepan over medium heat and heat until simmering.
- ☐ Place the chopped chocolate in a large bowl.
- ☐ Pour the hot cream over the chopped chocolate and gently whisk to combine. Make sure that all of the chocolate has melted into the cream and the mixture is very smooth. Once the chocolate is melted, add the butter and whisk until well mixed. Your ganache should be very smooth and shiny.
- ☐ Let the ganache cool to room temperature.
- ☐ To assemble: Line a plastic bonbon mold with the tempered chocolate.
- ☐ Place the red chili raspberry jam in a piping bag and fill the mold halfway with the jam.
- ☐ Place the red chili chocolate ganache into a piping bag. Fill the rest of the mold, and top with more tempered chocolate.
- ☐ Place the mold in the refrigerator and let it set for about 20 minutes. Once the chocolate is fully set, carefully unmold and enjoy.

Nutrition Facts

 **PROTEIN 3.36%**  **FAT 55.06%**  **CARBS 41.58%**

Properties

Glycemic Index:10.48, Glycemic Load:10.12, Inflammation Score:-7, Nutrition Score:9.1243478163429%

Flavonoids

Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 365.56kcal (18.28%), Fat: 22.93g (35.28%), Saturated Fat: 13.49g (84.31%), Carbohydrates: 38.96g (12.99%), Net Carbohydrates: 34.29g (12.47%), Sugar: 29.25g (32.5%), Cholesterol: 26.17mg (8.72%), Sodium: 68.7mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 32.01mg (10.67%), Protein: 3.15g (6.3%), Manganese: 0.61mg (30.63%), Copper: 0.5mg (25.16%), Fiber: 4.67g (18.69%), Magnesium: 72.94mg (18.23%), Vitamin A: 876.03IU (17.52%), Iron: 2.82mg (15.69%), Phosphorus: 115.63mg (11.56%), Vitamin C: 9.39mg (11.38%), Vitamin E: 1.29mg (8.58%), Potassium: 295.54mg (8.44%), Zinc: 1.17mg (7.8%), Vitamin K: 6.42µg (6.11%), Selenium: 4.03µg (5.76%), Vitamin B2: 0.08mg (4.41%), Calcium: 43.22mg (4.32%), Vitamin B6: 0.07mg (3.55%), Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.23mg (2.3%), Vitamin B1: 0.03mg (1.83%), Folate: 7.02µg (1.76%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.21µg (1.41%)