



Stuffed Cherries Dipped in Chocolate – I Adore Food

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 bag cherries dark fresh sweet with stems
- 8 Ounce cream cheese softened
- 2 Tablespoon ground hazelnuts
- 2 cup chocolate chips white
- 12 Teaspoon shortening divided
- 1.5 cup chocolate
- 1.5 cup bittersweet chocolate

- 1 Tablespoon maple syrup

Equipment

- bowl
- microwave
- drinking straws

Directions

- Pit cherries through the sides, leaving stems intact. (I use a straw)
- In a small bowl, beat cream cheese until smooth. Stir in hazelnuts and syrup. Pipe into cherries.
- In a small microwave-safe bowl, melt white chocolate chips and 5 teaspoons shortening at 70% power. Microwave at additional 10 to 20 second intervals, stirring until smooth. In another bowl, repeat with milk chocolate chips and 3-1/2 teaspoons shortening. Repeat with semisweet chips and remaining shortening.
- Holding stems, dip a third of the stuffed cherries into melted white chocolate; allow excess to drip off.
- Place on waxed paper; let stand until set. Repeat with remaining cherries and milk chocolate and semisweet chocolate. Dip the white-coated cherries a second time to completely cover; let stand until set.
- Reheat remaining melted chocolate if necessary.
- Drizzle white chocolate over cherries dipped in milk or semisweet chocolate.
- Drizzle milk or semisweet chocolate over white chocolate-dipped cherries. Store in an airtight container in the refrigerator. (Makes about 40)

Nutrition Facts



PROTEIN 3.99% **FAT 63.1%** **CARBS 32.91%**

Properties

Glycemic Index:4.95, Glycemic Load:5.46, Inflammation Score:-1, Nutrition Score:2.4313043721992%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 158.77kcal (7.94%), Fat: 11.52g (17.72%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.54g (4.56%), Sugar: 11.64g (12.93%), Cholesterol: 8.01mg (2.67%), Sodium: 27.71mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 1.64g (3.28%), Manganese: 0.13mg (6.61%), Copper: 0.13mg (6.3%), Magnesium: 20.67mg (5.17%), Phosphorus: 48.62mg (4.86%), Fiber: 0.98g (3.93%), Vitamin B2: 0.06mg (3.75%), Iron: 0.66mg (3.68%), Calcium: 30.65mg (3.07%), Potassium: 90.67mg (2.59%), Vitamin K: 2.61µg (2.49%), Zinc: 0.37mg (2.47%), Selenium: 1.63µg (2.33%), Vitamin E: 0.28mg (1.88%), Vitamin A: 82.15IU (1.64%), Vitamin B12: 0.07µg (1.24%), Vitamin B5: 0.12mg (1.22%)