



Triple Chocolate-Nut Clusters



Gluten Free



Dairy Free

READY IN



133 min.

SERVINGS



100

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce bittersweet chocolate baking squares
- ☐ 9.8 ounce cashew pieces salted whole canned
- ☐ 2 ounce chocolate bark coating squares cut in half
- ☐ 16 ounce dry-roasted peanuts
- ☐ 2 cups pecans
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1 tablespoon shortening
- ☐ 1 teaspoon vanilla extract

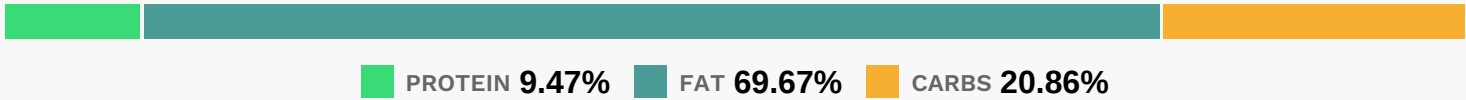
Equipment

- ☐ wax paper
- ☐ slow cooker

Directions

- ☐ Combine first 7 ingredients in a 5-quart slow cooker; cover and cook on LOW 2 hours or until chocolate is melted. Stir chocolate and nuts; add vanilla, stirring well to coat.
- ☐ Drop candy by heaping teaspoonfuls onto wax paper.
- ☐ Let stand at least 2 hours or until firm. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0.1, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7856521602396%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 87.94kcal (4.4%), Fat: 7.1g (10.93%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.3g (2.56%), Cholesterol: 0.27mg (0.09%), Sodium: 37.96mg (1.65%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.9mg (1.3%), Protein: 2.17g (4.34%), Manganese: 0.29mg (14.4%), Copper: 0.17mg (8.71%), Magnesium: 25.43mg (6.36%), Phosphorus: 48.93mg (4.89%), Fiber: 1.06g (4.24%), Vitamin B3: 0.78mg (3.9%), Iron: 0.61mg (3.4%), Zinc: 0.46mg (3.1%), Potassium: 85.53mg (2.44%), Vitamin B1: 0.04mg (2.39%), Folate: 8.1µg (2.03%), Selenium: 1.13µg (1.61%), Vitamin K: 1.43µg (1.36%), Vitamin B5: 0.13mg (1.3%), Vitamin B6: 0.02mg (1.24%), Calcium: 10.12mg (1.01%)