



Warm Chocolate-Coconut Dip

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 banana sliced
- 0.3 cup baker's angel flake coconut
- 1 cup mango chunks
- 1 slices navel oranges thin
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 2 cups strawberries fresh
- 20 vanilla wafers
- 8 oz cool whip whipped topping (Do not thaw.)

Equipment

- bowl
- microwave

Directions

- Microwave COOL WHIP and chocolate in microwaveable bowl on HIGH 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute.
- Top with coconut.
- Serve with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:9.73, Inflammation Score:-4, Nutrition Score:6.1217391698257%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 215.59kcal (10.78%), Fat: 10.96g (16.87%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 25.39g (9.23%), Sugar: 18.58g (20.64%), Cholesterol: 1.25mg (0.42%), Sodium: 67.06mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.46g (4.92%), Vitamin C:

24.06mg (29.16%), Manganese: 0.36mg (18.1%), Fiber: 2.57g (10.28%), Copper: 0.2mg (10.1%), Magnesium: 32.05mg (8.01%), Folate: 27.83µg (6.96%), Phosphorus: 67.52mg (6.75%), Potassium: 223.02mg (6.37%), Iron: 0.99mg (5.47%), Vitamin B1: 0.08mg (5.01%), Vitamin B6: 0.09mg (4.57%), Vitamin B2: 0.08mg (4.53%), Vitamin A: 212.24IU (4.24%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.22µg (3.17%), Calcium: 30.74mg (3.07%), Zinc: 0.44mg (2.93%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.93µg (2.79%), Vitamin B5: 0.16mg (1.59%), Vitamin B12: 0.07µg (1.1%)