



White Chocolate-Dipped Strawberries



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



18

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces peppermint candies white (2 cups)
- 1 tablespoon shortening
- 18 large strawberries with leaves
- 0.5 cup semi chocolate chips
- 1 teaspoon shortening

Equipment

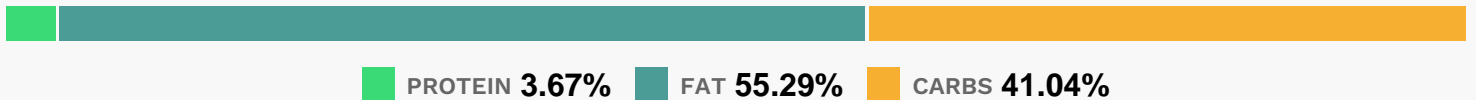
- bowl
- baking sheet

- sauce pan
- toothpicks
- microwave

Directions

- Cover cookie sheet with waxed paper.
- Heat white baking chips and 1 tablespoon shortening in 2-quart saucepan over low heat, stirring constantly, until chips are melted.
- For each strawberry, poke fork or toothpick into stem end, and dip three-fourths of the way into melted chips, leaving top of strawberry and leaves uncoated.
- Place on waxed paper-covered cookie sheet.
- Heat semisweet chocolate chips and 1 teaspoon shortening in 1-quart saucepan over low heat, stirring constantly, until chocolate chips are melted. (Or place chocolate chips and shortening in small microwavable bowl. Microwave uncovered on Medium (50%) 1 minute; stir. Microwave 2 to 3 minutes longer, until mixture can be stirred smooth.)
- Drizzle melted semisweet chocolate over dipped strawberries, using small spoon. Refrigerate uncovered about 30 minutes or until coating is set.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:2.5043478277714%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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 Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin:

0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 148.92kcal (7.45%), Fat: 9.52g (14.64%), Saturated Fat: 6.95g (43.45%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 14.95g (5.44%), Sugar: 13.89g (15.43%), Cholesterol: 0.3mg (0.1%), Sodium: 12.53mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.42g (2.84%), Vitamin C: 15.88mg (19.24%), Manganese: 0.17mg (8.52%), Copper: 0.08mg (3.77%), Fiber: 0.94g (3.76%), Calcium: 35.78mg (3.58%), Magnesium: 12.31mg (3.08%), Iron: 0.43mg (2.37%), Potassium: 69.66mg (1.99%), Phosphorus: 19.48mg (1.95%), Folate: 6.48µg (1.62%), Vitamin K: 1.48µg (1.41%), Zinc: 0.17mg (1.14%), Vitamin E: 0.17mg (1.12%)