



White-Chocolate-Dipped Strawberries with Citrus Sugar



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



16

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 16 large strawberries ripe
- ☐ 2 tablespoons sugar
- ☐ 6 ounces chocolate white chopped (such as Lindt or Perugina)

Equipment

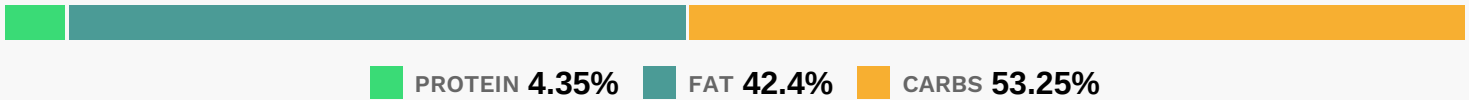
- ☐ bowl

- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Line baking sheet with foil. Using fingertips, mix sugar and citrus peels in small bowl until sugar is moist. Stir chocolate in small bowl set over saucepan of barely simmering water until melted and smooth.
- ☐ Remove from over water.
- ☐ Holding 1 strawberry by stem end, dip 2/3 of berry into chocolate; shake excess back into bowl. Turn berry dipped end up and sprinkle with citrus sugar.
- ☐ Place on prepared sheet. Repeat with remaining berries, chocolate, and sugar. Chill until chocolate sets, about 30 minutes.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:6.05, Inflammation Score:-1, Nutrition Score:2.186956540398%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg 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: 71.81kcal (3.59%), Fat: 3.5g (5.38%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.31g (3.39%), Sugar: 9.09g (10.1%), Cholesterol: 2.23mg (0.74%), Sodium: 9.86mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin C: 16.09mg (19.51%), Manganese: 0.11mg (5.26%), Calcium: 25.68mg (2.57%), Phosphorus: 25.21mg (2.52%), Fiber: 0.57g (2.3%), Vitamin B2: 0.04mg (2.14%), Potassium: 71.98mg (2.06%), Folate: 7.25µg (1.81%), Vitamin K: 1.56µg (1.49%), Magnesium: 4.81mg (1.2%), Vitamin E: 0.18mg (1.2%)