



White Chocolate, Fruit and Nut Clusters

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate white (6 oz.)
- 0.3 cup cranberries dried
- 0.3 cup planters slivered almonds
- 0.3 cup planters sunflower kernels

Equipment

- bowl
- microwave

Directions

- Microwave chocolate in medium microwaveable bowl on HIGH 2 min. or until chocolate is almost melted; stir until completely melted.
- Stir in remaining ingredients.
- Spoon 1 tsp. chocolate mixture into each of 48 mini paper muffin cup liners. Refrigerate 10 min. or until firm.

Nutrition Facts

 **PROTEIN 7.48%**  **FAT 55.4%**  **CARBS 37.12%**

Properties

Glycemic Index:5, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:1.9765217360919%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 60.25kcal (3.01%), Fat: 3.89g (5.98%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.33g (1.94%), Sugar: 4.95g (5.5%), Cholesterol: 1.19mg (0.4%), Sodium: 5.42mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin E: 1.34mg (8.95%), Manganese: 0.09mg (4.52%), Phosphorus: 33.54mg (3.35%), Magnesium: 12.88mg (3.22%), Copper: 0.06mg (3.17%), Vitamin B1: 0.04mg (2.71%), Vitamin B2: 0.05mg (2.65%), Selenium: 1.52µg (2.18%), Fiber: 0.54g (2.14%), Vitamin B6: 0.04mg (1.82%), Calcium: 18.05mg (1.8%), Folate: 6.26µg (1.56%), Vitamin B3: 0.3mg (1.52%), Zinc: 0.21mg (1.41%), Potassium: 44.8mg (1.28%), Iron: 0.21mg (1.14%)