



White Chocolate Lace Cups

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz baker's chocolate white
- 2 tsp orange zest grated
- 0.3 cup raspberries
- 0.3 cup cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- aluminum foil

- microwave
- muffin liners

Directions

- Line each of two medium muffin cups with a piece of foil.
- Place in freezer 5 min. Meanwhile, microwave chocolate in small microwaveable bowl on MEDIUM (50%) 1-1/2 min.; stir until chocolate is completely melted.
- Drizzle chocolate with a spoon onto bottoms and up sides of prepared muffin cups. Freeze 5 min. Carefully remove foil cups from pan; gently zest off and discard foil.
- Stir orange peel into whipped topping; spoon evenly into chocolate cups. Top with the raspberries.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:1.59, Inflammation Score:-1, Nutrition Score:0.39739130502162%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 24.47kcal (1.22%), Fat: 1.39g (2.14%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.67g (0.97%), Sugar: 2.61g (2.9%), Cholesterol: 0.82mg (0.27%), Sodium: 4.33mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin C: 0.91mg (1.1%)