



August 28- Strawberries Dipped in Chocolate

Not Smart Snack

Link: http://www.eatingwell.com/recipes/strawberries_dipped_in_chocolate.html

Recipe

Ingredients:

2 ounces dark chocolate

12 strawberries

Directions:

1. Microwave chocolate in a small bowl on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.
2. Dip strawberries in the melted chocolate.

Yield 4 servings

Nutrition Facts

Serving Size 3 strawberries
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Sugars 8g

Protein <1g 2%

Vitamin A 0% • Vitamin C 35%

Calcium 0% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.