

## **Chocolate Strawberries**

Number of Servings: About 2

## Ingredient

½ oz. Dark chocolate baking chips2 cups Sliced fresh strawberries2 Tbsp. Confectioner's sugar

## **Nutrients per serving**

Servings Per Contain	er About	2
Amount Per Serving		
Calories 100 Cal	ories fron	n Fat 2
	% Da	aily Value
Total Fat 2.5g		4%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate	19g	6%
Dietary Fiber 4g		16%
Sugars 14g		
Protein 2g		
	Vitamin (	2 160%
Calcium 2% •	Iron 6%	
*Percent Daily Values are ba diet. Your daily values may b depending on your calorie ne	e higher or eds:	
Calories:		2,500
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

## Instructions

- 1. Place one cup strawberries in two bowls.
- 2. Melt dark chocolate in microwave, stirring occasionally. Be careful not to overcook.
- 3. Drizzle 1/2 melted chocolate over the top of each bowl.
- 4. Top each with 1 Tbsp. of sifted confectioner's sugar.

This recipe can be part of a well balanced food plan.

Recipe By: Amy Fanjoy MS, RD, LDN