



## Chocolate-Dipped Oranges



Servings: 1

Ingredients	Nutrient value per serving
1 medium orange 1 oz. dark chocolate	Exchanges ..... 1 fruit ..... 2 fats ..... 1 other carb Calories .....222 Calories from Fat.....96 Total Fat..... 10 g Saturated Fat .....6 g Cholesterol.....20 mg Sodium.....3 mg Carbohydrate .....30 g Fiber.....4 g Sugar ..... 22 g Protein.....1 g
Directions	Notes
<ol style="list-style-type: none"> <li>1. Peel orange and pull apart into sections.</li> <li>2. Melt chocolate using a double boiler. To make your own double boiler, you'll need a small to medium saucepan and a slightly smaller metal or glass bowl that will fit in the pan without touching the water (direct heat will burn the chocolate). Fill the pan with roughly two inches of water. If you don't have a bowl that fits the pan, a smaller saucepan that fits in the larger pan without getting stuck will work. Place chocolate in the bowl and heat water until chocolate starts to melt. Slowly whisk chocolate until completely melted.</li> <li>3. Dip orange section into chocolate.</li> <li>4. Place chocolate-covered orange on parchment paper and chill in the freezer for 20 minutes.</li> </ol>	<p>Prep time: 20 min.</p> <p>Sweet and tangy, these little dippers are perfect for a snack or light dessert.</p> <p><i>VEGETARIAN recipes are prepared without any meat, poultry or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items.</i></p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. A note that while gluten-free ingredients are listed in the recipes, not all packaged versions of these foods are gluten-free. If you are concerned about gluten, always check the label prior to purchasing.</i></p> <p><i>LOW-SODIUM recipes have 140 mg of sodium or less per serving.</i></p>