

# Dark Chocolate with Fruit & Nuts



Serves: 1

## INGREDIENTS

½ ounce (15 grams) dark chocolate  
(ideally 70%  
cacao or greater)

½ ounce (15 grams)  
nuts (roasted or raw)

1 serving fresh or dried fruit (single  
type or mixed varieties)

When asked what dessert they order in a restaurant, a guru of nutrition epidemiology once replied quickly, “dark chocolate, fruit, and nuts.” They sometimes even carried a card explaining this, which they provide at restaurants when traveling. Here is an example of what this could include.

## INSTRUCTIONS

1. Arrange attractively on a plate and serve.

## NOTES

- The recipe is simple because it is meant to be flexible. You can use any type of chocolate you wish—a piece of a bar, chocolate chips, or a beautifully molded piece of dark chocolate. Similarly, use any type of nut(s) and fresh or dried fruit that you enjoy.

Nutritional Info (per serving; varies, but this info is based on 75% dark chocolate, almonds, 1 ounce [30 grams] dried apricots, ½ cup [120 milliliters] fresh strawberries): Calories 261, Total Fat 12.9 g, Saturated Fat 3.7 g, Cholesterol 0 mg, Sodium 6 mg, Total Carbohydrate 35.1 g, Dietary Fiber 6.6 g, Sugars 25.6 g, Protein 5.4 g, Vitamin A 6%, Vitamin C 50%, Calcium 6%, Iron 14%, Potassium 14%, Zinc 9%

- ▶ To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.