AMERICAN · DESSERT · SNACK

Chocolate-Dipped Strawberries (No Sugar Added)

15 min · plus 15 minutes setting Makes 4 × 3 strawberries 187 kcal a portion

Video 5:01 · Joe Duff - The Diet Chef

Vegetarian | Gluten-free ingredients | Nut-free

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Fresh strawberries dipped in unsweetened chocolate sweetened with erythritol: no added sugar, about 6 g net carbs for three berries, and rich in vitamin C.

Diet notes: Keto (6.1 g net carbs a serve).

Ingredients

5 · MAKES 4 × 3 STRAWBERRIES

- [ ] 2 cups **strawberries**, about 12, with stems
- [ ] 2½ oz (about 3/4 bar) **unsweetened baker's chocolate**, finely chopped
- [ ] 2 tbsp (¾ oz) **ghee or butter**
- [ ] a pinch of **salt**
- [ ] 1/4 cup **confectioners Swerve**, sifted

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Wash the strawberries in cold water and pat them completely dry with paper towel. Line a tray with baking paper. 1:04
2. Chop the chocolate into chip-sized pieces and put it in a small bowl with the ghee (or butter) and a pinch of salt. Microwave in short bursts, stirring, until melted and smooth. 2:39
3. Sift in the confectioners Swerve and stir until it dissolves into a glossy sauce. 3:26
4. Holding each strawberry by its stem, dip it in the chocolate and set it on the tray. 4:02
5. Refrigerate about 15 minutes, until the chocolate has set. 4:27

> **Tip** The cook's main version melts 1/3 cup sugar-free chocolate chips with a heaping tbsp of ghee. Roll the berries in crushed peanuts for crunch, or pipe on a drizzle of ¾ oz powdered Swerve, ¾ oz cream and a pinch of salt.

The method is a summary in our words — the video shows every step.

One portion (3 strawberries) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
187 kcal	3 g	10 g	4.3 g	15 g	50 mg
780 kJ	6% of a day	6.1 g net · 3.6 g sugars	15% of a day	9.4 g saturated	2% of a day
		4% of a day		20% of a day	

Energy from net carbs 14% · protein 7% · fat 79% — fits keto: 6.1 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Vitamin C 46%

Source of (10–19%) Iron 18% · Magnesium 16% · Zinc 16%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=BPI9o1maRfU, published 12 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/unsweetened-chocolate-dipped-strawberries