

Lipidomic chocolate basins

NUTRI-lipidomics *Molecular nutrition and healthy diet*



Chocolate: what is behind such goodness?

Certainly a food that we become aware relatively early during the childhood. Behind the chocolate, apart from its delicious flavor, there are a series of nutrients with particular effects on health and on the appetite perception. Obviously there are many types of chocolate starting from the white one to the dark one with a very high percentage of cocoa and low in sugar.

Its benefits are linked to the content in polyphenols, powerful antioxidants, to the mineral salts contained in particular in the dark one which provides good quantities of iron (although not very bioavailable), magnesium, copper and potassium.

Its fatty acids include oleic acid, the same present in olive oil, stearic acid with a neutral effect on plasma cholesterol levels and palmitic acid to which we must pay attention. In fact, due to the supply of palmitic acid and some nervine substances, chocolate should be consumed in moderation.

Today's recipe is a chocolate with a soft heart covered with a dark chocolate cap.

Lipidomic chocolate basins

Recipe

Ingredients for 30 chocolates (1 or 2 per person)

- 200 g of chopped hazelnuts
- 180 g of 85% grated dark chocolate
- 120 g of basmati rice
- 32 g of brown sugar
- 1 liter of water

Procedu re:

In a pan, heat the water and bring it to boil. When it boils,

add the rice and cook it well for about 5-6 minutes. Drain it and set it aside to cool down.

Put the hazelnuts in a mixer, 100 g of the grated chocolate, brown sugar and the well-drained and cold rice. Blend until a compact, slightly sticky consistency is obtained. Turn on the oven and bring the temperature to 150 ° C, then make some balls and put them on a baking tray (which is not necessary to butter) and cook them for 15-20 minutes. Turn off and let cool.

Once the "kisses" have cooled, put the remaining 80 g of the grated chocolate in a bain-marie. Once the chocolate has liquefied, wet the top of the basins and arrange them on a wire rack to cool.



The basins can also be consumed without prior cooking in the oven. Cooking, however, will make their external part more crisp leaving the inside soft. The right amount of basins is 1 or 2 per person.

(Image for illustrative purposes)

Nutritional values per recipe and per basin

	Kcal	Pro- teins (g)	Carbs (g)	Sugars (g)	Fats (g)	Saturated (g)	Monoin- saturated (g)	Polin- saturated (g)	Chole- sterol (mg)	Fibers (g)
Hazelnuts	1292	30	35,2	9,8	124,8	9,02	93,2	16,9		18,8
Dark chocolate 85%	1076	14	82,62	43,18	76,73	44,06	23,0	2,25	5,4	19,62
Basmati rice	438	8,55	96	0,14	0,79	0,22	0,25	0,21		1,56
Brown sugar	121,6		31,4	31,04						
Total per recipe	2927	52,55	245,22	84,16	286,48	53,3	116,45	19,36	5,4	39,98
Total per chocolates piece (g 21)	97	1,75	8,16	2,80	9,54	1,77	3,88	0,64	0,18	1,33

Article by:

Dr.ssa Nicoletta Bocchino – Nutrition Biologist

The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.

Photo: **123RF Archivio Fotografico**: @fortyforks | @Monika Adamczyk