

## **candy making chocolate and candy**

Since times there are many stories associated with candy chocolate as many brands available in the market. Each one is different in size, is different in shape and colour. There is usually a dilemma in one's mind that which one is better the dark chocolate or the white chocolate? Other than taste candy basket, world's finest chocolate are very well known for their nutritional values. All your favourite brands like the Ghirardelli chocolate, Lindt chocolate, the Hershey chocolate, the Nestlé chocolate, they all are available in both forms the dark chocolate and the white chocolate presentations.

As per the point of view of nutrition the white chocolate is a very new in the batch. It has benefits of milk in a very large proportion. But it is not the exact chocolate type of chocolate.

The Food and Drug Administration (FDA) says that the white chocolate is a combination of butterfat, milk solid, cocoa butter, flavourings, sugar, and lecithin. Surprisingly it contains no chocolate in it but has some familiar taste resulting to cocoa butter and some artificial flavours.

Hershey's white chocolate was introduced in the year 2005. Nestlé's white chocolate is found more in variety whose colour is due to the sublime fat of vegetable instead of milk contents. It has a summer coating on it which has low nutritional value so you should be always being careful with type of chocolate.

There is a white variety with the Lindt chocolate which is same with the Ghirardelli chocolate, which is labelled as the baking chocolate. If you want to have a great dessert prefers white chocolate. White chocolate is also very nice for the cakes, candy made from the dark chocolate and many more things.

Bittersweet or semisweet the world's finest chocolates are the dark ones. Chocolate candy are also termed as a sensual food. And it also has very nice nutritional benefits which includes the improvement of the platelet function and the endothelial which are closely related to the cardiovascular health of the human beings.

Now when you go to the store to buy things next time take [dark Hershey chocolate](#) and the white chocolate of Nestlé. Now observe the difference between them. You will see that there is a large difference between both them. But there is a large gap in the proportion of fats as the white chocolate contains a large proportion of fats in it. Still the cardiovascular benefits of dark chocolate are in debate as there is a risk with it. It affects the lipids and the glucose, in body weight. Dark chocolate benefits in heart diseases.