



## BAKER'S Chocolate Fondue

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



193 kcal

### Ingredients

- 4 oz baker's semi-sweet chocolate
- 0.5 cup freshly strong maxwell house coffee brewed
- 14 oz condensed milk sweetened canned

### Equipment

- sauce pan

### Directions

Cook ingredients in saucepan on medium-low heat 5 min. or until chocolate is completely melted and mixture is well blended, stirring frequently.

## Nutrition Facts



**PROTEIN 7.86%** **FAT 35.86%** **CARBS 56.28%**

### Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:4.6004347490228%

### Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 193.18kcal (9.66%), Fat: 7.8g (12%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 26.63g (9.68%), Sugar: 25.75g (28.62%), Cholesterol: 14.17mg (4.72%), Sodium: 51.78mg (2.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.49mg (4.83%), Protein: 3.85g (7.7%), Phosphorus: 130.25mg (13.03%), Calcium: 119.99mg (12%), Vitamin B2: 0.18mg (10.57%), Selenium: 6.83µg (9.75%), Manganese: 0.16mg (7.77%), Magnesium: 30.63mg (7.66%), Copper: 0.15mg (7.39%), Potassium: 217.35mg (6.21%), Zinc: 0.68mg (4.51%), Iron: 0.79mg (4.41%), Fiber: 0.91g (3.63%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.19µg (3.25%), Vitamin B1: 0.04mg (2.73%), Vitamin A: 111.64IU (2.23%), Vitamin C: 1.03mg (1.25%), Vitamin B6: 0.02mg (1.21%), Folate: 4.6µg (1.15%), Vitamin K: 1.07µg (1.02%), Vitamin B3: 0.2mg (1.01%)