

# Caramel Chocolate Fondue

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



465 kcal

DESSERT

## Ingredients

- 11 ounces rolos
- 0.5 cup cup heavy whipping cream
- 1 cup pinenuts
- 1 teaspoon rum extract

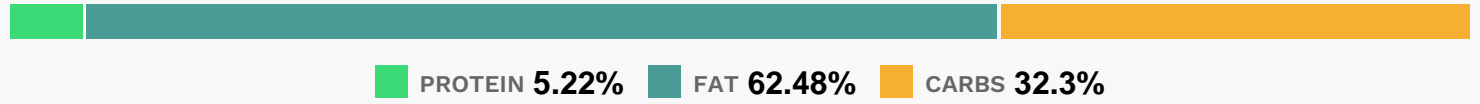
## Equipment

- sauce pan

## Directions

- In a heavy saucepan, melt caramels with cream over low heat, stirring frequently until smooth.
- Remove from the heat. Stir in extract.
- Keep warm. Dip cake and fruit into fondue, then into nut topping.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.246086926564%

## Nutrients (% of daily need)

Calories: 465.22kcal (23.26%), Fat: 33.41g (51.4%), Saturated Fat: 13.2g (82.5%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 37.55g (13.66%), Sugar: 34.6g (38.44%), Cholesterol: 28.65mg (9.55%), Sodium: 103.52mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.12mg (1.04%), Protein: 6.29g (12.57%), Manganese: 1.98mg (99.03%), Vitamin E: 2.85mg (19.02%), Phosphorus: 177.78mg (17.78%), Copper: 0.3mg (14.96%), Magnesium: 57.86mg (14.47%), Vitamin K: 14.43µg (13.74%), Zinc: 1.5mg (9.99%), Calcium: 92.05mg (9.21%), Vitamin B2: 0.15mg (8.87%), Iron: 1.48mg (8.24%), Vitamin A: 360.96IU (7.22%), Potassium: 250.88mg (7.17%), Vitamin B1: 0.1mg (6.42%), Fiber: 1.3g (5.2%), Vitamin B3: 1.02mg (5.11%), Vitamin B12: 0.2µg (3.39%), Vitamin D: 0.32µg (2.12%), Folate: 8.44µg (2.11%), Vitamin B6: 0.03mg (1.4%), Vitamin B5: 0.12mg (1.21%), Selenium: 0.75µg (1.07%)