



Chocolate Almond Fondue

READY IN



15 min.

SERVINGS



4

CALORIES



1373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon almond extract
- 0.5 cup amaretto
- 4 servings apples
- 4 servings bananas
- 4 servings butter cookies
- 1.3 cups half-and-half
- 24 ounces semi chocolate chips
- 4 servings strawberries

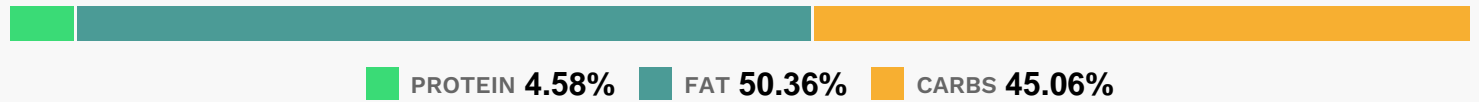
Equipment

- sauce pan
- pot

Directions

- In a medium saucepan over medium heat, combine half-and-half and almond extract.
- Heat until bubbles begin to form at edge of cream. Do not boil. Reduce heat to low and stir in chocolate chips, stirring constantly. Once all of the chocolate is melted and incorporated, slowly stir in amaretto until combined.
- Pour chocolate mixture into fondue pot and serve with goodies for dipping.
- Cook's Note: You can use this recipe with a heated chocolate fountain.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:19.49, Inflammation Score:-9, Nutrition Score:38.804782452791%

Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1373.03kcal (68.65%), Fat: 75.08g (115.51%), Saturated Fat: 43.06g (269.1%), Carbohydrates: 151.13g (50.38%), Net Carbohydrates: 129.87g (47.23%), Sugar: 104.39g (115.99%), Cholesterol: 36.67mg (12.22%), Sodium: 72.49mg (3.15%), Alcohol: 8.01g (100%), Alcohol %: 1.67% (100%), Caffeine: 153.95mg (51.32%), Protein: 15.38g (30.76%), Manganese: 3.18mg (158.99%), Vitamin C: 99.19mg (120.23%), Copper: 2.33mg (116.32%), Magnesium: 363.8mg (90.95%), Fiber: 21.26g (85.06%), Iron: 11.8mg (65.55%), Phosphorus: 585.08mg (58.51%), Potassium: 1812.88mg (51.8%), Zinc: 5.23mg (34.85%), Vitamin B6: 0.65mg (32.58%), Selenium: 18.63µg (26.62%), Vitamin B2: 0.37mg (22.03%), Calcium: 219.87mg (21.99%), Vitamin K: 18.4µg (17.53%), Folate: 63.9µg (15.98%), Vitamin B3: 3.01mg (15.03%), Vitamin B5: 1.37mg (13.68%), Vitamin E: 1.85mg (12.32%), Vitamin B1: 0.16mg (10.84%), Vitamin A: 484.43IU (9.69%), Vitamin B12: 0.45µg (7.5%)