



Chocolate-Almond Fondue



Vegetarian



Gluten Free

READY IN



24 min.

SERVINGS



15

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons almond liqueur
- ☐ 0.1 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounces chocolate unsweetened chopped

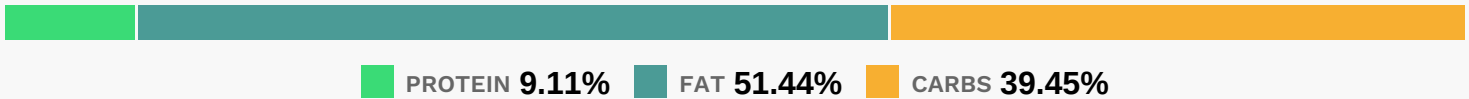
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine chocolate and condensed milk in a heavy saucepan over low heat. Cook, stirring constantly, until melted and smooth.
- ☐ Remove from heat; stir in liqueur and salt.
- ☐ Keep warm in a fondue pot, heated over a candle. (Canned fuel will be too hot.)
- ☐ Serve with dippers.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:8.8, Inflammation Score:-4, Nutrition Score:7.8217390788638%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 21.46mg, Epicatechin: 21.46mg, Epicatechin: 21.46mg, Epicatechin: 21.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 172.27kcal (8.61%), Fat: 11.21g (17.24%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 16.58g (6.03%), Sugar: 14.62g (16.24%), Cholesterol: 9mg (3%), Sodium: 56.63mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.1mg (4.03%), Protein: 4.47g (8.93%), Manganese: 0.68mg (33.87%), Copper: 0.51mg (25.67%), Magnesium: 61.72mg (15.43%), Iron: 2.76mg (15.31%), Phosphorus: 137.04mg (13.7%), Zinc: 1.77mg (11.78%), Fiber: 2.76g (11.04%), Calcium: 95.81mg (9.58%), Vitamin B2: 0.15mg (8.71%), Selenium: 5.22µg (7.46%), Potassium: 238.32mg (6.81%), Vitamin E: 0.61mg (4.1%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.23mg (2.33%), Folate: 8.02µg (2.01%), Vitamin B12: 0.12µg (1.94%), Vitamin B3: 0.33mg (1.66%), Vitamin K: 1.63µg (1.55%), Vitamin A: 70.67IU (1.41%), Vitamin B6: 0.02mg (1.02%)