



Chocolate-Chipotle Fondue



Vegetarian



Gluten Free

READY IN



16 min.

SERVINGS



5

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz baker's chocolate (dark sweet with ghirardelli) chopped
- ☐ 0.3 cup rum / brandy / coffee liqueur (with kahlúa)
- ☐ 0.5 cup dulce de leche (with la lechera) canned
- ☐ 1 teaspoon chipotle chili powder
- ☐ 1.5 cups whipping cream

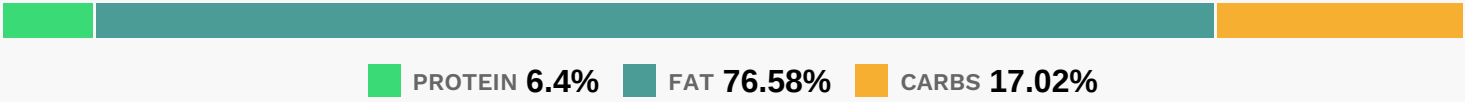
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; cook, stirring constantly, over medium-low heat until chocolate melts and mixture is smooth. Stir in chile powder and coffee liqueur.
- ☐ Pour mixture into a fondue pot; place over fondue burner.
- ☐ Serve with candied fruit, banana slices, cake cubes, and marshmallows as dippers.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:29.206087055414%

Flavonoids

Catechin: 58.36mg, Catechin: 58.36mg, Catechin: 58.36mg, Catechin: 58.36mg Epicatechin: 128.67mg, Epicatechin: 128.67mg, Epicatechin: 128.67mg, Epicatechin: 128.67mg

Nutrients (% of daily need)

Calories: 752.35kcal (37.62%), Fat: 73.33g (112.82%), Saturated Fat: 45.8g (286.22%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 21.46g (7.8%), Sugar: 10.3g (11.45%), Cholesterol: 80.68mg (26.89%), Sodium: 48.87mg (2.12%), Alcohol: 3.41g (100%), Alcohol %: 2.15% (100%), Caffeine: 72.57mg (24.19%), Protein: 13.8g (27.6%), Manganese: 3.79mg (189.39%), Copper: 2.94mg (147.24%), Iron: 15.93mg (88.48%), Magnesium: 302.24mg (75.56%), Fiber: 15.2g (60.79%), Zinc: 8.92mg (59.5%), Phosphorus: 405.49mg (40.55%), Potassium: 828.59mg (23.67%), Vitamin A: 1168.18IU (23.36%), Calcium: 140.07mg (14.01%), Selenium: 9.57µg (13.67%), Vitamin B2: 0.23mg (13.45%), Vitamin K: 11.51µg (10.96%), Vitamin B1: 0.15mg (9.91%), Vitamin E: 1.17mg (7.82%), Vitamin D: 1.14µg (7.62%), Folate: 28.37µg (7.09%), Vitamin B3: 1.32mg (6.61%), Vitamin B5: 0.34mg (3.38%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.11µg (1.9%)