



Chocolate-Cinnamon Fondue

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces bittersweet chocolate
- ☐ 2 cups light-colored corn syrup
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup kahlua
- ☐ 0.3 cup butter

Equipment

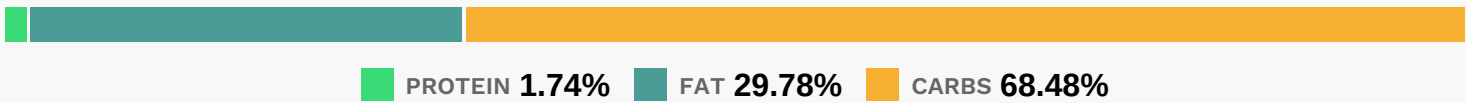
- ☐ sauce pan

- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Melt margarine and chocolate in a small saucepan over medium heat.
- ☐ Add flour, stirring with a wire whisk until blended. Cook 1 minute, stirring constantly.
- ☐ Add corn syrup and Kahlua, and cook 1 minute.
- ☐ Remove from heat; stir in cinnamon.
- ☐ Pour into a fondue pot, and keep warm.
- ☐ Serve fondue with strawberries, banana chunks, orange sections, and cubed low-fat pound cake.
- ☐ Note: If fondue is not served immediately, place heavy-duty plastic wrap on surfact of container.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:0.92608695995548%

Nutrients (% of daily need)

Calories: 82.7kcal (4.14%), Fat: 2.8g (4.31%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 14.08g (5.12%), Sugar: 13.22g (14.69%), Cholesterol: 0.28mg (0.09%), Sodium: 20.54mg (0.89%), Alcohol: 0.27g (100%), Alcohol %: 1.54% (100%), Caffeine: 4.06mg (1.35%), Protein: 0.37g (0.74%), Manganese: 0.07mg (3.53%), Copper: 0.06mg (3%), Magnesium: 8.65mg (2.16%), Iron: 0.33mg (1.84%), Fiber: 0.41g (1.63%), Phosphorus: 13.27mg (1.33%), Zinc: 0.19mg (1.28%), Selenium: 0.72µg (1.03%), Vitamin B1: 0.02mg (1.01%)