



## Chocolate Fondue

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**567 kcal**

DESSERT

### Ingredients

- 1 cup cup heavy whipping cream
- 8 ounces bittersweet chocolate finely chopped
- 1 tablespoon sugar
- 1 tablespoon butter unsalted

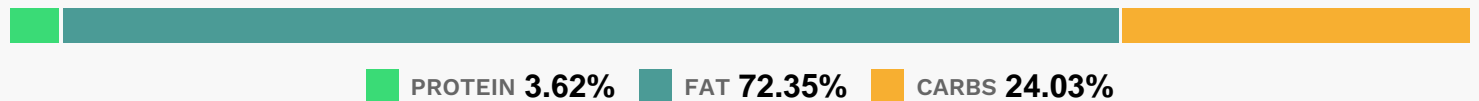
### Equipment

- bowl
- pot
- microwave

## Directions

- Place the cream, chocolate, sugar, and butter in a medium microwave-safe bowl. Cook in the microwave on medium power (50%) for 1½ minutes. Take out and stir. Cook on medium power until about three-quarters of the way melted, 30 to 60 seconds more. Stir, allowing the residual heat in the bowl to melt the remaining chocolate completely. (If necessary, place the chocolate back in microwave for a few seconds.)
- Transfer the mixture to a fondue pot or bowl and serve with assorted dippers.
- Note: It's a good idea to stir the fondue occasionally to avoid scorching. If you're not serving the fondue in a fondue pot, you can re-warm the fondue in short bursts on medium heat in the microwave, if necessary.
- Note: The nutritional information is for the chocolate mix only; it does not include any options you choose to dip in the chocolate.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:2.09, Inflammation Score:-7, Nutrition Score:11.143043479194%

## Nutrients (% of daily need)

Calories: 567.23kcal (28.36%), Fat: 46.05g (70.85%), Saturated Fat: 27.97g (174.84%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 29.87g (10.86%), Sugar: 25.55g (28.39%), Cholesterol: 78.16mg (26.05%), Sodium: 22.15mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 5.19g (10.38%), Manganese: 0.75mg (37.61%), Copper: 0.71mg (35.75%), Magnesium: 104.03mg (26.01%), Iron: 3.65mg (20.25%), Vitamin A: 990.46IU (19.81%), Phosphorus: 182.77mg (18.28%), Fiber: 4.54g (18.14%), Zinc: 1.65mg (10.99%), Potassium: 378.91mg (10.83%), Selenium: 6.6µg (9.43%), Vitamin B2: 0.14mg (8.32%), Calcium: 75.29mg (7.53%), Vitamin D: 1µg (6.7%), Vitamin E: 0.96mg (6.42%), Vitamin K: 6.23µg (5.93%), Vitamin B12: 0.2µg (3.39%), Vitamin B5: 0.33mg (3.26%), Vitamin B3: 0.51mg (2.57%), Vitamin B6: 0.04mg (2.01%), Vitamin B1: 0.03mg (2.01%)