



Chocolate Fondue

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



288 kcal

DESSERT

Ingredients

- 1 apples
- 1 banana
- 0.5 cup natural cocoa powder unsweetened
- 2 ounces chocolate dark finely chopped (60 to 70 percent cocoa solids)
- 0.5 cup nonfat evaporated milk
- 2 teaspoons orange juice
- 8 ounce strawberries hulled
- 0.3 cup sugar

1 teaspoon vanilla extract

Equipment

sauce pan

whisk

pot

plastic wrap

Directions

Peel and cut the banana and core and slice the apple.

Place the bananas slices, apple slices and strawberries in separate piles on a serving plate.

Sprinkle the banana and apple slices with the orange juice and toss gently. Cover the fruit with plastic wrap and refrigerate while you make the fondue.

In a medium saucepan whisk together the cocoa powder and sugar. Gradually pour in the evaporated milk and whisk well to make a paste.

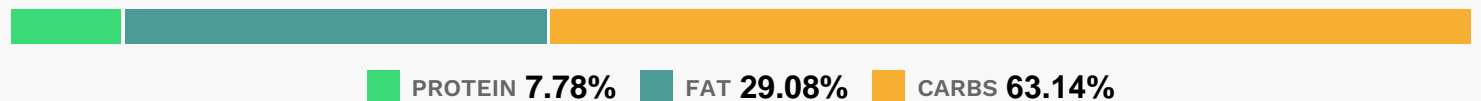
Place the saucepan over a low heat and cook, stirring constantly, until simmering.

Remove from the heat and whisk in the vanilla and chocolate and stir until the chocolate is melted. The mixture will thicken as it cools slightly.

Transfer chocolate to a fondue pot, and keep warm.

Serve with cut fruit for dipping.

Nutrition Facts



Properties

Glycemic Index:67.97, Glycemic Load:19.17, Inflammation Score:-7, Nutrition Score:14.641738982952%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg

Peonidin: 0.04mg Catechin: 11.12mg, Catechin: 11.12mg, Catechin: 11.12mg, Catechin: 11.12mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 24.79mg, Epicatechin: 24.79mg, Epicatechin: 24.79mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 288.48kcal (14.42%), Fat: 10.3g (15.85%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 50.34g (16.78%), Net Carbohydrates: 41.82g (15.21%), Sugar: 34.91g (38.79%), Cholesterol: 9.56mg (3.19%), Sodium: 40.09mg (1.74%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Caffeine: 36.06mg (12.02%), Protein: 6.2g (12.4%), Manganese: 1.01mg (50.42%), Vitamin C: 40.35mg (48.91%), Copper: 0.73mg (36.44%), Fiber: 8.52g (34.09%), Magnesium: 111.64mg (27.91%), Phosphorus: 212.27mg (21.23%), Iron: 3.62mg (20.12%), Potassium: 610.05mg (17.43%), Calcium: 120.26mg (12.03%), Vitamin B2: 0.19mg (11.03%), Zinc: 1.59mg (10.6%), Vitamin B6: 0.19mg (9.45%), Folate: 27.88µg (6.97%), Selenium: 3.85µg (5.5%), Vitamin B5: 0.49mg (4.92%), Vitamin B3: 0.92mg (4.6%), Vitamin B1: 0.06mg (4.12%), Vitamin K: 3.89µg (3.71%), Vitamin E: 0.42mg (2.81%), Vitamin A: 138.07IU (2.76%), Vitamin B12: 0.09µg (1.5%)