



## Chocolate Fondue

READY IN



15 min.

SERVINGS



6

CALORIES



777 kcal

### Ingredients

- 6 servings almond biscotti
- 0.3 cup almonds finely chopped
- 2 tablespoons amaretto
- 6 servings bananas sliced
- 4 bittersweet chocolate bars chopped
- 0.8 cup heavy whipping cream thin
- 6 servings sectioned navel oranges
- 6 servings pineapple fresh diced ripe
- 6 servings pretzel sticks salted
- 6 servings stem strawberries

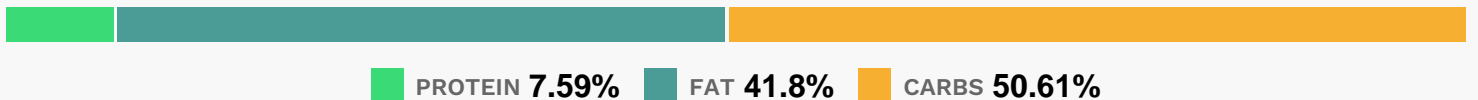
## Equipment

- frying pan
- whisk
- mixing bowl
- pot
- skewers

## Directions

- Heat 1/2 cup cream in a heavy non-reactive saucepot over moderate heat until cream comes to a low boil.
- Remove the pan from the heat and add chocolate.
- Let the chocolate stand in hot cream 3 to 5 minutes to soften, then whisk chocolate together with the cream. Stir in liqueur and/or chopped nuts and transfer the fondue to a fondue pot or set the mixing bowl on a rack above a small lit candle. If fondue becomes too thick, stir in reserved cream, 1 tablespoon at a time, to desired consistency. Arrange your favorite dippables in piles on a platter along side chocolate fondue with fondue forks, bamboo skewers or seafood forks, as utensils, for dipping.

## Nutrition Facts



## Properties

Glycemic Index:43.57, Glycemic Load:41.1, Inflammation Score:-9, Nutrition Score:34.544347934101%

## Flavonoids

Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 12.61mg, Catechin: 12.61mg, Catechin: 12.61mg, Catechin: 12.61mg Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

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Naringenin: 6.36mg, Naringenin: 6.36mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg  
Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.98mg,  
Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin:  
0.09mg, Myricetin: 0.09mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg  
Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Nutrients (% of daily need)

Calories: 777.15kcal (38.86%), Fat: 37.81g (58.16%), Saturated Fat: 12.62g (78.86%), Carbohydrates: 103.01g  
(34.34%), Net Carbohydrates: 87.2g (31.71%), Sugar: 49.02g (54.47%), Cholesterol: 34.74mg (11.58%), Sodium:  
362.15mg (15.75%), Alcohol: 1.3g (100%), Alcohol %: 0.3% (100%), Caffeine: 17.35mg (5.78%), Protein: 15.44g  
(30.87%), Vitamin C: 184.91mg (224.13%), Manganese: 3.19mg (159.44%), Vitamin E: 9.63mg (64.2%), Fiber: 15.81g  
(63.23%), Magnesium: 204.07mg (51.02%), Copper: 0.97mg (48.36%), Folate: 173.38µg (43.34%), Vitamin B2:  
0.7mg (41.08%), Vitamin B6: 0.79mg (39.72%), Potassium: 1350.22mg (38.58%), Phosphorus: 348.58mg (34.86%),  
Iron: 5.11mg (28.37%), Vitamin B1: 0.42mg (27.96%), Vitamin B3: 4.99mg (24.96%), Calcium: 200.76mg (20.08%),  
Zinc: 2.47mg (16.49%), Vitamin A: 797.5IU (15.95%), Vitamin B5: 1.4mg (14.05%), Selenium: 6.98µg (9.97%), Vitamin  
K: 8.17µg (7.78%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.08µg (1.35%)