



Chocolate Fondue

READY IN



15 min.

SERVINGS



8

CALORIES



665 kcal

Ingredients

- 2 bananas peeled cut into 2 to 2 1/2-inch slices
- 2 teaspoons rum dark
- 4 ounces apricots dried
- 1 teaspoon ground cinnamon
- 0.5 cup heavy cream
- 0.1 teaspoon orange zest grated
- 12 ounces pretzels salted thick
- 1 pint raspberries fresh
- 6 ounces roasted salted
- 4 ounces bittersweet chocolate

- 1 pint strawberries dried fresh washed hulled
- 2 tablespoons sugar
- 1 tablespoon butter unsalted

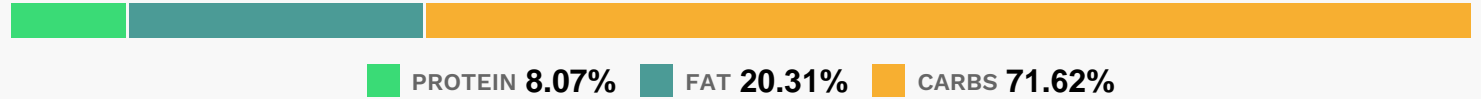
Equipment

- sauce pan

Directions

- Arrange all of the fondue elements on a platter.
- Serve Enriched Chocolate Sauce warm with the fondue elements.
- In a medium saucepan over low heat, bring the cream, sugar, cinnamon and butter to a rolling boil.
- Remove from the heat, add the chocolate and stir until the chocolate melts.
- Add the rum and stir in the orange zest before serving.

Nutrition Facts



Properties

Glycemic Index:35.91, Glycemic Load:35.99, Inflammation Score:-8, Nutrition Score:17.917391082515%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 664.61kcal (33.23%), Fat: 14.9g (22.92%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 118.15g (39.38%), Net Carbohydrates: 105.36g (38.31%), Sugar: 66.24g (73.6%), Cholesterol: 34.82mg (11.61%), Sodium: 545.72mg (23.73%), Alcohol: 0.42g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.19mg (4.06%), Protein: 13.32g (26.64%), Manganese: 1.14mg (56.98%), Fiber: 12.8g (51.19%), Iron: 4.39mg (24.39%), Folate: 97.38µg (24.34%), Vitamin C: 19.24mg (23.32%), Vitamin B3: 4.51mg (22.56%), Vitamin B1: 0.31mg (20.83%), Copper: 0.38mg (19.18%), Phosphorus: 182.1mg (18.21%), Vitamin B6: 0.36mg (18.18%), Potassium: 629.85mg (18%), Magnesium: 69.55mg (17.39%), Vitamin A: 819.61IU (16.39%), Vitamin B2: 0.27mg (15.98%), Selenium: 10.17µg (14.52%), Vitamin E: 1.65mg (11.02%), Zinc: 1.59mg (10.61%), Calcium: 87.79mg (8.78%), Vitamin K: 8.09µg (7.7%), Vitamin B5: 0.75mg (7.52%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.35µg (2.33%)