



Chocolate Fondue



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 4 ounces chocolate dark finely chopped
- ☐ 1 cup milk low-fat (2 percent)
- ☐ 0.7 cup sugar
- ☐ 1 cup cocoa powder unsweetened

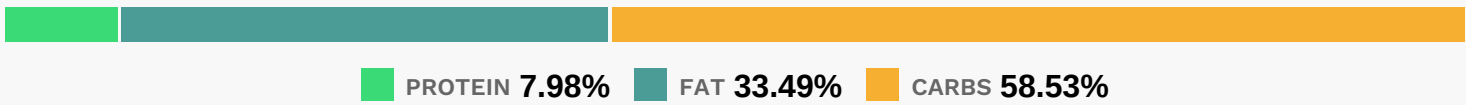
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Sift together cocoa and sugar. In a heavy-bottom saucepan over medium heat, warm milk until just barely simmering.
- ☐ Whisk in cocoa mixture until smooth.
- ☐ Add chocolate and stir until chocolate is melted and mixture is smooth and glossy.
- ☐ Transfer mixture to a fondue pot and serve immediately with fruit such as strawberries, dried apricots and pineapple chunks for dipping.

Nutrition Facts



Properties

Glycemic Index:11.64, Glycemic Load:12.78, Inflammation Score:-5, Nutrition Score:8.5265215402064%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 186.13kcal (9.31%), Fat: 7.85g (12.08%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 25.34g (9.21%), Sugar: 21.69g (24.09%), Cholesterol: 1.9mg (0.63%), Sodium: 16.76mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.06mg (12.02%), Protein: 4.21g (8.42%), Manganese: 0.69mg (34.51%), Copper: 0.66mg (32.96%), Magnesium: 89.5mg (22.38%), Fiber: 5.52g (22.09%), Iron: 3.19mg (17.72%), Phosphorus: 152.95mg (15.29%), Potassium: 311.99mg (8.91%), Zinc: 1.33mg (8.87%), Calcium: 61.44mg (6.14%), Vitamin B2: 0.08mg (4.79%), Selenium: 3.22µg (4.6%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.32µg (2.16%), Vitamin B3: 0.42mg (2.09%), Vitamin B1: 0.03mg (2%), Vitamin B5: 0.19mg (1.93%), Vitamin B6: 0.04mg (1.79%), Vitamin K: 1.33µg (1.27%), Vitamin A: 63.35IU (1.27%), Folate: 4.03µg (1.01%)