



Chocolate Fondue

READY IN



28 min.

SERVINGS



6

CALORIES



199 kcal

DESSERT

Ingredients

- 2 slices angel food cake cut into cubes thin
- 1 banana cut into 1/4-inch-thick slices
- 0.5 cup evaporated skim milk
- 2 slices kiwis peeled halved lengthwise
- 0.3 teaspoon mint extract
- 1 pears sliced lengthwise into 1/6's
- 4 ounces semisweet baking chips reduced-fat (scant)

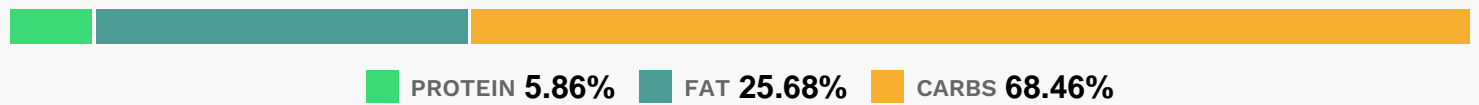
Equipment

- sauce pan
- plastic wrap
- skewers

Directions

- Skewer cake, kiwi, banana and pear onto wooden picks. Arrange on outer edge of serving plate. Cover with plastic wrap; refrigerate while making fondue.
- Combine milk and chocolate in small nonstick saucepan.
- Place over medium heat, stirring often, for 3 to 4 minutes or until chocolate is bubbly. Continue to heat 3 to 4 minutes longer, until chocolate is melted, mixture smooth and thick. Stir in mint extract.
- Pour into small dipping cup.
- Place in center of fruit plate.
- Serve while chocolate is hot.

Nutrition Facts



Properties

Glycemic Index:24.03, Glycemic Load:6.97, Inflammation Score:-4, Nutrition Score:8.7160868592884%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 198.52kcal (9.93%), Fat: 6.11g (9.4%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 32.15g (11.69%), Sugar: 15.99g (17.76%), Cholesterol: 0.85mg (0.28%), Sodium: 75.74mg (3.29%),

Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 3.14g (6.27%), Vitamin C: 48.06mg (58.26%), Vitamin K: 25.59µg (24.37%), Fiber: 4.52g (18.06%), Calcium: 94.38mg (9.44%), Phosphorus: 91.55mg (9.15%), Potassium: 307.29mg (8.78%), Vitamin B2: 0.12mg (7.07%), Iron: 1.24mg (6.88%), Manganese: 0.13mg (6.68%), Copper: 0.13mg (6.5%), Vitamin B6: 0.13mg (6.48%), Folate: 24.74µg (6.19%), Magnesium: 23.51mg (5.88%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.36mg (3.58%), Selenium: 2.31µg (3.3%), Vitamin A: 156.26IU (3.13%), Vitamin D: 0.43µg (2.84%), Vitamin B1: 0.04mg (2.83%), Zinc: 0.35mg (2.32%), Vitamin B3: 0.45mg (2.26%)