



Chocolate Fondue

READY IN



15 min.

SERVINGS



6

CALORIES



847 kcal

DESSERT

Ingredients

- 6 servings banana
- 6 servings candied orange peel
- 6 servings individually wrapped caramels
- 6 servings grands flaky refrigerator biscuits
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- 0.8 cup cup heavy whipping cream
- 3 tablespoons grand marnier such as chocolate (godiva), hazelnut (frangelico), almond (amaretto), orange (grand marnier), or coffee (kahlúa)
- 8 ounces bittersweet chocolate finely chopped

- 6 servings strawberries
- 1 tablespoon butter unsalted
- 6 servings frangelico
- 6 servings frangelico

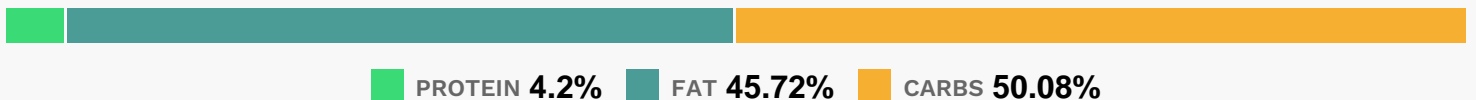
Equipment

- sauce pan
- whisk
- pot

Directions

- Place the cream in a medium saucepan and bring to a simmer over medium heat. Reduce the heat to low, add the chocolate, and whisk until smooth.
- Remove from the heat and whisk in the butter until smooth.
- Whisk in the liqueur until incorporated and smooth.
- Transfer to a fondue pot and serve with desired dippers.

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:44.62, Inflammation Score:-8, Nutrition Score:25.261304171189%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg 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: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 847.32kcal (42.37%), Fat: 43.47g (66.87%), Saturated Fat: 21.32g (133.27%), Carbohydrates: 107.12g (35.71%), Net Carbohydrates: 97.19g (35.34%), Sugar: 59.03g (65.59%), Cholesterol: 41.6mg (13.87%), Sodium: 238.53mg (10.37%), Alcohol: 1.95g (100%), Alcohol %: 0.6% (100%), Caffeine: 34.46mg (11.49%), Protein: 8.99g (17.99%), Vitamin C: 95.85mg (116.18%), Manganese: 1.64mg (82.02%), Fiber: 9.92g (39.7%), Copper: 0.7mg (34.91%), Magnesium: 131.2mg (32.8%), Vitamin B6: 0.6mg (29.94%), Potassium: 988.03mg (28.23%), Iron: 5.03mg (27.92%), Folate: 106.78µg (26.69%), Vitamin B2: 0.4mg (23.6%), Phosphorus: 227.23mg (22.72%), Vitamin B1: 0.3mg (20%), Vitamin B3: 3.59mg (17.96%), Vitamin E: 2.51mg (16.71%), Selenium: 9.61µg (13.72%), Vitamin K: 13.98µg (13.31%), Vitamin A: 665IU (13.3%), Zinc: 1.79mg (11.91%), Vitamin B5: 1.02mg (10.24%), Calcium: 94.31mg (9.43%), Vitamin D: 0.51µg (3.41%), Vitamin B12: 0.15µg (2.49%)