 1%  
HEALTH SCORE

## Chocolate Fondue

 **Gluten Free**

READY IN



10 min.

SERVINGS



8

CALORIES



361 kcal

### Ingredients

- 2 tablespoons rum / brandy / coffee liqueur flavored
- 1 sticks marshmallows assorted
- 12 ounce bittersweet chocolate chopped
- 1 cup whipping cream

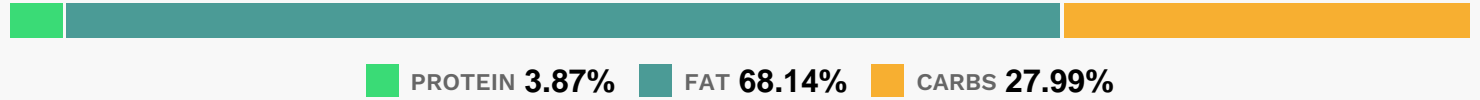
### Equipment

- bowl
- pot
- microwave

## Directions

- Microwave whipping cream and chocolate in a microwave-safe glass bowl at HIGH 1 1/2 to 2 minutes, stirring every 30 seconds. Stir in liqueur.
- Transfer to a fondue pot; keep warm, stirring occasionally.
- Serve with cookies, pretzels, fruit, and marshmallows.

## Nutrition Facts



## Properties

Glycemic Index:7.56, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:7.6304347890875%

## Nutrients (% of daily need)

Calories: 360.63kcal (18.03%), Fat: 27.04g (41.6%), Saturated Fat: 16.21g (101.34%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 21.59g (7.85%), Sugar: 18.31g (20.34%), Cholesterol: 36.17mg (12.06%), Sodium: 12.68mg (0.55%), Alcohol: 0.81g (100%), Alcohol %: 1.35% (100%), Caffeine: 36.57mg (12.19%), Protein: 3.45g (6.91%), Manganese: 0.56mg (28.19%), Copper: 0.53mg (26.7%), Magnesium: 76.93mg (19.23%), Iron: 2.72mg (15.1%), Fiber: 3.4g (13.61%), Phosphorus: 127.83mg (12.78%), Vitamin A: 458.59IU (9.17%), Zinc: 1.2mg (7.99%), Potassium: 269.38mg (7.7%), Selenium: 4.47µg (6.38%), Calcium: 46mg (4.6%), Vitamin B2: 0.08mg (4.52%), Vitamin K: 4.01µg (3.82%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.12µg (2.07%), Vitamin B5: 0.2mg (2.03%), Vitamin B3: 0.38mg (1.88%), Vitamin B1: 0.02mg (1.3%), Vitamin B6: 0.02mg (1.24%)