

Chocolate Fondue



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 1 banana
- ☐ 0.3 cup brazil nuts
- ☐ 0.3 cup cashew pieces
- ☐ 1 apple green cored sliced
- ☐ 1 apples red cored sliced
- ☐ 0.5 cup evaporated skim milk
- ☐ 2 tablespoons sugar
- ☐ 1 pint strawberries fresh

- ☐ 0.3 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

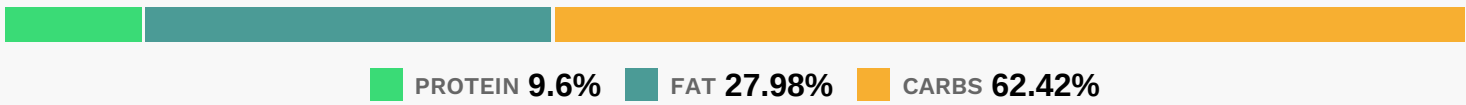
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ toothpicks

Directions

- ☐ Thoroughly wash and dry strawberries and apples.
- ☐ Cut apples and banana into 3/4-inch-thick slices. Arrange all fruits and nuts on a plate. To make chocolate sauce, whisk together cocoa, sugar, and Splenda in a medium-sized bowl. Slowly pour in milk to make a paste.
- ☐ Mix together to remove lumps.
- ☐ Transfer to a medium-sized saucepan and bring to a low boil over low heat, stirring constantly.
- ☐ Remove from heat and stir in vanilla.
- ☐ Transfer chocolate sauce to fondue pot.
- ☐ Place pot over candle or canned heat burner. Slide fruit pieces onto fondue fork or toothpick and dip into sauce. For nuts, spoon sauce onto a plate and dip nuts in sauce by hand.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:52.34, Glycemic Load:12.87, Inflammation Score:-7, Nutrition Score:13.943912884463%

Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 9.09mg, Catechin: 9.09mg, Catechin: 9.09mg, Catechin: 9.09mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 18.98mg, Epicatechin: 18.98mg, Epicatechin: 18.98mg, Epicatechin: 18.98mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 213kcal (10.65%), Fat: 7.42g (11.41%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 30.55g (11.11%), Sugar: 24.69g (27.43%), Cholesterol: 0.85mg (0.28%), Sodium: 28.61mg (1.24%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.73g (11.45%), Vitamin C: 51.16mg (62.01%), Manganese: 0.9mg (45.03%), Copper: 0.56mg (28.07%), Fiber: 6.67g (26.67%), Magnesium: 95.72mg (23.93%), Phosphorus: 188.76mg (18.88%), Potassium: 501.88mg (14.34%), Selenium: 8.9µg (12.71%), Iron: 2.01mg (11.16%), Calcium: 98.22mg (9.82%), Zinc: 1.39mg (9.26%), Vitamin B6: 0.18mg (9.14%), Vitamin B1: 0.14mg (9.07%), Vitamin B2: 0.14mg (8.13%), Folate: 30.46µg (7.61%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.69mg (4.6%), Vitamin B3: 0.9mg (4.52%), Vitamin B5: 0.44mg (4.36%), Vitamin D: 0.43µg (2.84%), Vitamin A: 138.86IU (2.78%)