



Chocolate Fondue Dip

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



603 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings apples sliced
- 8 servings bananas sliced
- 3 Tbsp butter cut into small pieces
- 1 cup heavy whipping cream
- 1 cup brown sugar light
- 8 servings marshmallows jet-puffed
- 8 oz baker's semi-sweet chocolate finely chopped
- 8 servings strawberries

1 tsp vanilla extract

Equipment

bowl

whisk

microwave

Directions

HEAT heavy whipping cream and butter until boiling in a large microwave safe bowl.

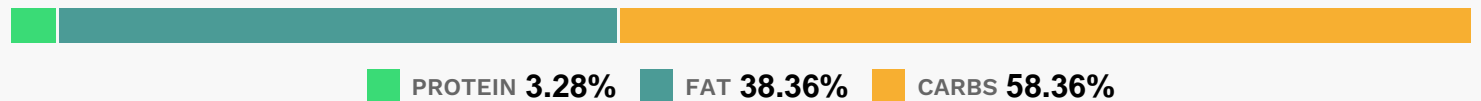
Remove from microwave and immediately add light brown sugar and vanilla extract. Use a whisk to mix it in until fully dissolved.

Heat for an additional 30 seconds in microwave.

ADD chocolate to cream, let stand 3 minutes untouched. Then stir until chocolate is fully melted.

SERVE with fresh fruits, JET-PUFFED Marshmallows, and whatever else you'd like to dip!

Nutrition Facts



Properties

Glycemic Index:29.66, Glycemic Load:19.99, Inflammation Score:-8, Nutrition Score:20.173913105674%

Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg 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: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg

Kaempferol: 0.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 603.39kcal (30.17%), Fat: 26.88g (41.35%), Saturated Fat: 16.01g (100.04%), Carbohydrates: 91.98g (30.66%), Net Carbohydrates: 82.05g (29.84%), Sugar: 67.51g (75.01%), Cholesterol: 46.77mg (15.59%), Sodium: 56.98mg (2.48%), Alcohol: 0.18g (100%), Alcohol %: 0.05% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.18g (10.35%), Vitamin C: 98.69mg (119.62%), Manganese: 1.31mg (65.64%), Fiber: 9.93g (39.7%), Vitamin B6: 0.59mg (29.37%), Copper: 0.56mg (27.78%), Magnesium: 110.51mg (27.63%), Potassium: 965.96mg (27.6%), Iron: 3.01mg (16.74%), Phosphorus: 162.61mg (16.26%), Folate: 63.27µg (15.82%), Vitamin A: 716.24IU (14.32%), Vitamin B2: 0.21mg (12.47%), Calcium: 94.49mg (9.45%), Vitamin B3: 1.74mg (8.71%), Vitamin B5: 0.84mg (8.42%), Zinc: 1.25mg (8.35%), Vitamin E: 1.22mg (8.14%), Vitamin K: 8.54µg (8.13%), Selenium: 5.51µg (7.87%), Vitamin B1: 0.1mg (6.64%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.79%)