



Chocolate fondue & toasted marshmallow

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



632 kcal

Ingredients

- ☐ 400 g chocolate dark
- ☐ 85 g butter unsalted
- ☐ 284 ml double cream
- ☐ 300 ml milk
- ☐ 1 bag marshmallows for dipping

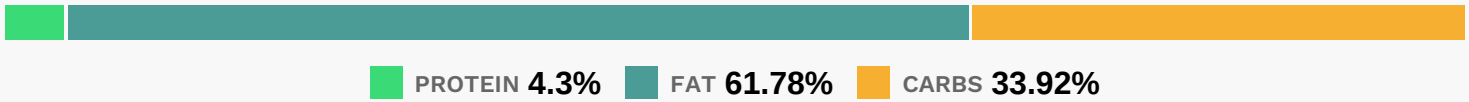
Equipment

- ☐ sauce pan
- ☐ skewers

Directions

☐ Put the chocolate, butter, cream and milk into a saucepan, then heat gently, stirring occasionally, until the chocolate is melted and the sauce is smooth. Thread marshmallows onto skewers, then carefully toast on the fire, or leave until cold. Dip into the fondue and eat straight away.

Nutrition Facts



Properties

Glycemic Index:15.19, Glycemic Load:22.09, Inflammation Score:-7, Nutrition Score:13.746086939521%

Nutrients (% of daily need)

Calories: 632.3kcal (31.61%), Fat: 44.13g (67.9%), Saturated Fat: 26.66g (166.6%), Carbohydrates: 54.54g (18.18%), Net Carbohydrates: 49.05g (17.84%), Sugar: 35.28g (39.2%), Cholesterol: 69.34mg (23.11%), Sodium: 63.81mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 40mg (13.33%), Protein: 6.9g (13.81%), Manganese: 0.98mg (48.96%), Copper: 0.92mg (46.17%), Iron: 6.07mg (33.72%), Magnesium: 122.06mg (30.52%), Fiber: 5.49g (21.94%), Phosphorus: 219.15mg (21.92%), Vitamin A: 872.64IU (17.45%), Potassium: 453.76mg (12.96%), Zinc: 1.92mg (12.82%), Calcium: 111.25mg (11.13%), Vitamin B2: 0.16mg (9.62%), Selenium: 5.91µg (8.45%), Vitamin D: 1.16µg (7.71%), Vitamin B12: 0.42µg (7.07%), Vitamin E: 0.89mg (5.93%), Vitamin K: 5.65µg (5.38%), Vitamin B5: 0.46mg (4.58%), Vitamin B1: 0.05mg (3.11%), Vitamin B3: 0.62mg (3.11%), Vitamin B6: 0.06mg (2.82%)