



Chocolate-Frangelico Fondue

READY IN



35 min.

SERVINGS



8

CALORIES



600 kcal

SIDE DISH

Ingredients

- ☐ 4 cups angel food cake cubed (1-inch)
- ☐ 2 tablespoons corn syrup dark
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.3 cup half and half
- ☐ 1.3 cups powdered sugar sifted
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 2 cups strawberries quartered
- ☐ 2 tablespoons hazelnuts (hazelnut-flavored liqueur)

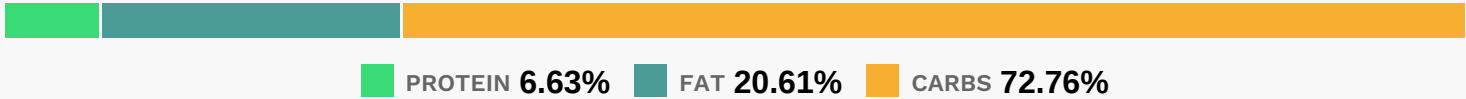
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; cook over medium-low heat for 5 minutes or until smooth, stirring constantly. Stir in sugar and syrup. Cook 10 minutes or until mixture is smooth, stirring constantly. Stir in liqueur.
- ☐ Pour into a fondue pot. Keep warm over low flame.
- ☐ Serve with cake and strawberries.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:4.81, Inflammation Score:-4, Nutrition Score:12.575217513934%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 599.86kcal (29.99%), Fat: 14.01g (21.55%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 111.27g (37.09%), Net Carbohydrates: 107.8g (39.2%), Sugar: 71.76g (79.74%), Cholesterol: 5.46mg (1.82%), Sodium: 625.87mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 10.15g (20.29%),

Phosphorus: 382.42mg (38.24%), Manganese: 0.75mg (37.5%), Selenium: 21.43µg (30.62%), Vitamin C: 21.42mg (25.96%), Copper: 0.5mg (24.99%), Magnesium: 70.48mg (17.62%), Vitamin B2: 0.27mg (16.09%), Calcium: 147.63mg (14.76%), Fiber: 3.47g (13.87%), Iron: 2.37mg (13.14%), Potassium: 421.41mg (12.04%), Vitamin B1: 0.13mg (8.62%), Zinc: 1.09mg (7.3%), Folate: 27.3µg (6.82%), Vitamin E: 0.68mg (4.56%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 3.44µg (3.27%), Vitamin B3: 0.62mg (3.12%), Vitamin B6: 0.06mg (2.83%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 70.31IU (1.41%)