



Chocolate-Frangelico Fondue

READY IN



45 min.

SERVINGS



8

CALORIES



633 kcal

SIDE DISH

Ingredients

- ☐ 4 cups angel food cake cubed (1-inch) (3 ounces)
- ☐ 2 cups banana sliced
- ☐ 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
- ☐ 0.3 cup water

☐ 2 tablespoons hazelnuts (hazelnut-flavored liqueur)

Equipment

☐ sauce pan

☐ pot

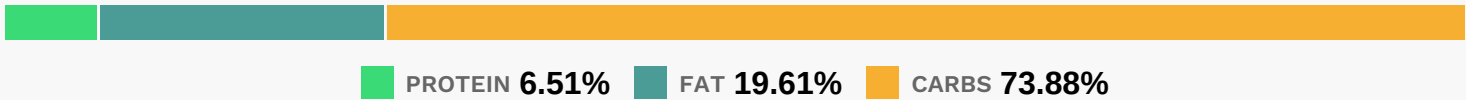
Directions

☐ Combine the first 3 ingredients in a medium saucepan; cook over medium-low heat for 5 minutes or until smooth, stirring constantly. Stir in the sugar, water, liqueur, and syrup. Cook for 10 minutes or until the mixture is smooth, stirring constantly.

☐ Pour into a fondue pot. Keep warm over low flame.

☐ Serve with cake, banana, and strawberries.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:8.96, Inflammation Score:-5, Nutrition Score:14.221739165161%

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: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg 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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 633.23kcal (31.66%), Fat: 14.13g (21.74%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 119.82g (39.94%), Net Carbohydrates: 115.38g (41.96%), Sugar: 76.34g (84.82%), Cholesterol: 5.46mg (1.82%), Sodium: 626.61mg (27.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 10.55g (21.11%), Manganese: 0.85mg (42.57%), Phosphorus: 390.67mg (39.07%), Selenium: 21.81µg (31.15%), Vitamin C: 24.68mg (29.91%), Copper: 0.53mg (26.51%), Magnesium: 80.68mg (20.17%), Fiber: 4.44g (17.77%), Vitamin B2: 0.3mg (17.7%), Potassium: 555.66mg (15.88%), Calcium: 149.72mg (14.97%), Iron: 2.46mg (13.68%), Vitamin B6: 0.19mg (9.71%), Vitamin B1: 0.14mg (9.39%), Folate: 34.8µg (8.7%), Zinc: 1.15mg (7.68%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.47mg (4.66%), Vitamin B3: 0.87mg (4.37%), Vitamin K: 3.63µg (3.45%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 94.31IU (1.89%)