

SIDE DISH

Chocolate Ganache

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.39	302 kcal

Chocolate Ganache might be just the side dish you are searching for. One portion of this dish contains approximately 3g of protein, 21g of fat, and a total of 302 calories. For 39 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. This recipe serves 8.

Ingredients

- ☐ 8 servings Try Build-A-Meal
- ☐ 2 cups semisweet chocolate morsels
- ☐ 6 tablespoons whipping cream

EQUIPMENT Bowl, Microwave

Method

- 1

Microwave cream in a small glass bowl at HIGH 1 minute.
- 2

Add morsels, and microwave 1 more minute; stir until smooth.

Nutrition per serving

302	3 g	21 g	25 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12.5 g · 78% of daily needs
Fibre			3.8 g · 15% of daily needs
Sugar			16.9 g · 19% of daily needs
Sodium			7.6 mg · 0% of daily needs
Cholesterol			15.4 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chocolate-ganache-148091