



WHATSheATE

Chocolate Ganache



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

Ingredients



9 ounces bittersweet chocolate chopped



1 cup heavy cream

Equipment



bowl



sauce pan



whisk

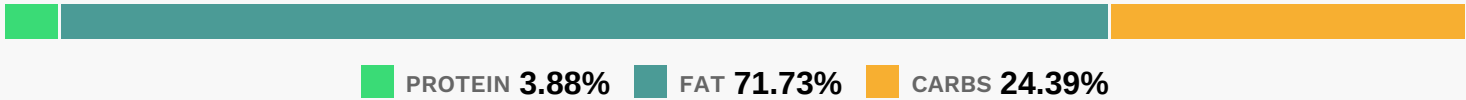


pot

Directions

- ☐ Place the chocolate into a medium bowl.
- ☐ Heat the cream in a small sauce pan over medium heat. Bring just to a boil, watching very carefully because if it boils for a few seconds, it will boil out of the pot. When the cream has come to a boil, pour over the chopped chocolate, and whisk until smooth. Stir in the rum if desired.
- ☐ Allow the ganache to cool slightly before pouring over a cake. Start at the center of the cake and work outward. For a fluffy frosting or chocolate filling, allow it to cool until thick, then whip with a whisk until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.0278260306172%

Nutrients (% of daily need)

Calories: 285.81kcal (14.29%), Fat: 22.96g (35.32%), Saturated Fat: 13.87g (86.68%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.01g (5.46%), Sugar: 12.58g (13.97%), Cholesterol: 35.53mg (11.84%), Sodium: 11.22mg (0.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 27.43mg (9.14%), Protein: 2.8g (5.59%), Manganese: 0.42mg (21.14%), Copper: 0.4mg (20.06%), Magnesium: 58.21mg (14.55%), Iron: 2.05mg (11.36%), Fiber: 2.55g (10.21%), Phosphorus: 100.18mg (10.02%), Vitamin A: 453.27IU (9.07%), Zinc: 0.92mg (6.11%), Potassium: 209.1mg (5.97%), Selenium: 3.57µg (5.1%), Vitamin B2: 0.07mg (4.21%), Calcium: 39.41mg (3.94%), Vitamin D: 0.48µg (3.17%), Vitamin K: 3.25µg (3.09%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.1µg (1.75%), Vitamin B5: 0.17mg (1.72%), Vitamin B3: 0.29mg (1.43%), Vitamin B1: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.06%)