



Chocolate Orange Fondue



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces chocolate dark chopped
- ☐ 1.3 cups heavy cream
- ☐ 3 tablespoons orange juice freshly squeezed
- ☐ 1 teaspoon orange liqueur
- ☐ 1 tablespoon orange zest grated

Equipment

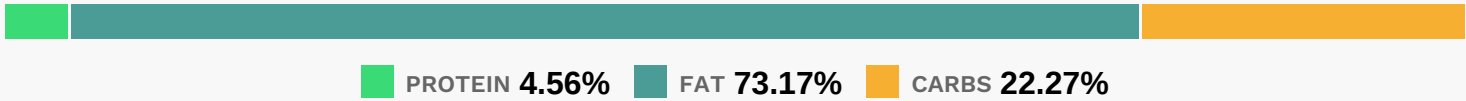
- ☐ sauce pan
- ☐ whisk

☐ pot

Directions

- ☐ Heat the cream and orange juice in a saucepan over medium heat until it starts to bubble at the edges.
- ☐ Remove from the heat, and immediately whisk in the chocolate, orange zest, and orange liqueur until smooth.
- ☐ Serve in a fondue pot over the lowest heat setting, or farthest from the heat source.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.02, Inflammation Score:-7, Nutrition Score:14.315217360206%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 515.01kcal (25.75%), Fat: 42.09g (64.76%), Saturated Fat: 25.29g (158.08%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 22.53g (8.19%), Sugar: 16.03g (17.81%), Cholesterol: 57.73mg (19.24%), Sodium: 24.91mg (1.08%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Caffeine: 45.58mg (15.19%), Protein: 5.9g (11.8%), Manganese: 1.11mg (55.32%), Copper: 1.01mg (50.59%), Iron: 6.82mg (37.9%), Magnesium: 133.92mg (33.48%), Fiber: 6.3g (25.21%), Phosphorus: 205.1mg (20.51%), Vitamin A: 772.19IU (15.44%), Potassium: 471.87mg (13.48%), Zinc: 2mg (13.35%), Vitamin B2: 0.14mg (8.29%), Calcium: 76.67mg (7.67%), Selenium: 5.36µg (7.66%), Vitamin C: 5.91mg (7.16%), Vitamin K: 5.73µg (5.46%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.79µg (5.29%), Vitamin B12: 0.24µg (3.97%), Vitamin B5: 0.38mg (3.84%), Vitamin B3: 0.67mg (3.37%), Vitamin B1: 0.04mg (2.54%), Vitamin B6: 0.04mg (2.2%), Folate: 4.83µg (1.21%)