



Chocolate Plunge

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



472 kcal

SIDE DISH

Ingredients

- 0.7 cup plus light
- 8 oz baker's semi-sweet chocolate
- 0.5 cup whipping cream

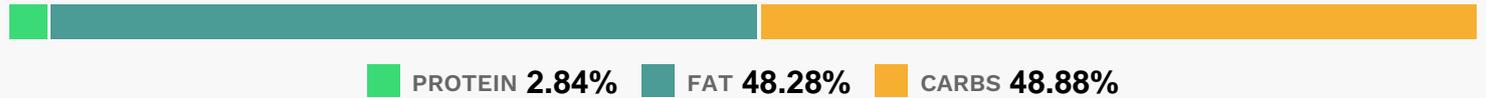
Equipment

- bowl
- microwave

Directions

- Microwave corn syrup and whipping cream in large microwaveable bowl on HIGH 1-1/2 min. or until mixture comes to boil.
- Add chocolate; stir until completely melted.
- Serve warm as a dip with cut-up fresh fruit, assorted cookies, pretzels and/or pound cake cubes.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:6.63, Inflammation Score:-5, Nutrition Score:7.9995651724546%

Nutrients (% of daily need)

Calories: 472.22kcal (23.61%), Fat: 26.06g (40.09%), Saturated Fat: 15.47g (96.67%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 55.74g (20.27%), Sugar: 52.26g (58.07%), Cholesterol: 29.62mg (9.87%), Sodium: 39.15mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.01mg (13%), Protein: 3.45g (6.9%), Manganese: 0.6mg (30.06%), Copper: 0.57mg (28.44%), Magnesium: 81.95mg (20.49%), Iron: 2.89mg (16.06%), Fiber: 3.63g (14.51%), Phosphorus: 131.74mg (13.17%), Zinc: 1.46mg (9.73%), Potassium: 280.25mg (8.01%), Vitamin A: 372.54IU (7.45%), Selenium: 4.84µg (6.92%), Calcium: 49.74mg (4.97%), Vitamin B2: 0.07mg (3.94%), Vitamin K: 4.03µg (3.84%), Vitamin E: 0.49mg (3.24%), Vitamin B1: 0.05mg (3.07%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.12µg (2%), Vitamin B3: 0.4mg (1.98%), Vitamin B5: 0.2mg (1.97%), Vitamin B6: 0.02mg (1.19%)