



Chocolate-Sour Cream Fondue

READY IN



30 min.

SERVINGS



12

CALORIES



629 kcal

SIDE DISH

Ingredients

- 24 ounces semi chocolate chips sweet
- 4 cups fruit fresh
- 0.5 cup half and half
- 1 tablespoon ground cinnamon dry instant ()
- 4 cups angel food cake cubed
- 1 cup cream sour

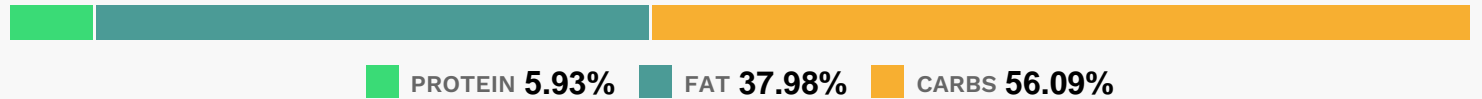
Equipment

- sauce pan

Directions

- Heat chocolate, sour cream, half-and-half and coffee in heavy 2-quart saucepan over low heat, stirring constantly, until chocolate is melted and mixture is smooth; remove from heat.
- Pour chocolate mixture into fondue or chafing dish to keep warm. Spear fruit and cake with fondue forks; dip and swirl in fondue with stirring motion. If mixture becomes too thick, stir in small amount of half-and-half.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:14.266521619714%

Nutrients (% of daily need)

Calories: 628.8kcal (31.44%), Fat: 26.92g (41.42%), Saturated Fat: 15.18g (94.88%), Carbohydrates: 89.45g (29.82%), Net Carbohydrates: 83.13g (30.23%), Sugar: 54.84g (60.93%), Cholesterol: 18.24mg (6.08%), Sodium: 424.77mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 9.45g (18.91%), Manganese: 0.94mg (47.05%), Copper: 0.83mg (41.35%), Phosphorus: 364.43mg (36.44%), Magnesium: 113.37mg (28.34%), Selenium: 17.88µg (25.54%), Fiber: 6.31g (25.25%), Iron: 4.08mg (22.69%), Potassium: 538.4mg (15.38%), Vitamin B2: 0.24mg (14.25%), Calcium: 142.18mg (14.22%), Zinc: 1.79mg (11.94%), Vitamin A: 424IU (8.48%), Vitamin K: 8.42µg (8.02%), Vitamin B1: 0.09mg (6.2%), Vitamin B3: 0.94mg (4.72%), Vitamin B5: 0.39mg (3.85%), Folate: 13.32µg (3.33%), Vitamin B12: 0.19µg (3.09%), Vitamin E: 0.46mg (3.04%), Vitamin B6: 0.05mg (2.49%), Vitamin C: 2.03mg (2.46%)