



Chocolate-Sour Cream Fondue

READY IN



30 min.

SERVINGS



12

CALORIES



616 kcal

SIDE DISH

Ingredients

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

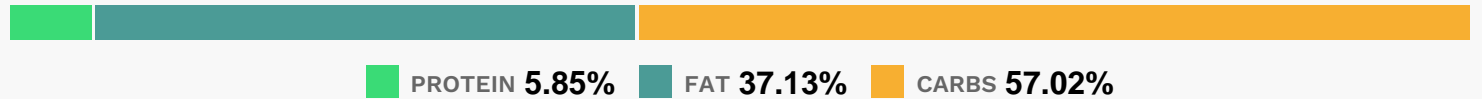
Equipment

- 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:13.96608715472%

Nutrients (% of daily need)

Calories: 615.59kcal (30.78%), Fat: 25.76g (39.64%), Saturated Fat: 14.47g (90.45%), Carbohydrates: 89.01g (29.67%), Net Carbohydrates: 82.7g (30.07%), Sugar: 54.42g (60.47%), Cholesterol: 14.71mg (4.9%), Sodium: 418.62mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 9.14g (18.28%), Manganese: 0.94mg (47.04%), Copper: 0.83mg (41.31%), Phosphorus: 354.85mg (35.49%), Magnesium: 112.37mg (28.09%), Fiber: 6.31g (25.25%), Selenium: 17.56µg (25.08%), Iron: 4.08mg (22.66%), Potassium: 525.09mg (15%), Calcium: 131.39mg (13.14%), Vitamin B2: 0.22mg (13.1%), Zinc: 1.75mg (11.68%), Vitamin K: 8.29µg (7.9%), Vitamin A: 388.3IU (7.77%), Vitamin B1: 0.09mg (6%), Vitamin B3: 0.93mg (4.66%), Vitamin B5: 0.36mg (3.56%), Folate: 13.02µg (3.26%), Vitamin E: 0.43mg (2.87%), Vitamin B12: 0.17µg (2.77%), Vitamin C: 1.94mg (2.35%), Vitamin B6: 0.04mg (2.24%)